

**Uniquely Us**  
**Gracefully Navigating the Maze of**  
**Neurodiverse Marriage**  
**Autism Faith Marriage**

**Chapter 9:**

Navigating the Mazes of Diagnosis,  
Acceptance, Pre-Regulation, & Curiosity:  
Better Than You Imagined or Worse Than Expected?

It is up to you

# Chapter 9

How does one find joy in neurodivergence?

*“Then you will know the truth, and the truth will set you free.”*

*John 8:32 NIV*

Knowledge and truth about ones neurology can help answer questions such as

‘How can I be so good at these things, and so bad at those things?’

‘How did I end up here again?’

‘What is the real problem?’

Accepting the diagnosis of autism can help to answer these and other questions and point the way to strategies for growth in areas of challenge

An autism diagnosis does not provide an excuse, it provides an explanation

# Chapter 9

The ultimate cheat code: an autism diagnosis

The truth of an accurate and appropriate autism diagnosis can help transform unhealthy guilt and shame to healthy curiosity, and improved self awareness

Acceptance can point the way to insights into your behaviors that result in improved relationships

Three mind shifts

1. “Help! My husband has changed!”

Autistic Masking (this is NOT deliberate deception)

Self Regulation (not so easy to do living together)

Sensory Overload (especially after children are on the scene)

# Chapter 9

2. It takes WORK: those who *make the effort to grow and adapt* together are the ones who will be the most joyous and successful

How I approach regulation and the importance of pre-regulation:

Step 1: Build Self-Regulation Breaks into Your Day

Step 2: Actually Want to Do This

Step 3: Make a Plan & Do the Plan

~The point is to allow micro-breaks

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## Three mind shifts (continued)

### 3. Dumping Out—Not Dumping On

How to receive feedback from our spouse on your behaviors in such a way that it separates the facts from the feelings

Avoid defensiveness and focus on the information (facts or data) being provided

Consider the information and figure out what you agree with and what you can do with this

Be curious about your behaviors as perceived by your spouse

# Chapter 9

## Leaning into the Neurodivergent Cheat Code

**First:** Autism did not suddenly change you, rather knowledge of it can provide insights about how to become your best self

**Second:** Self Regulation is very important to you and to those around you

**Third:** Increased awareness of Environmental Triggers allows identification of how to stay calmer and more regulated

# Chapter 9

## Conclusion

Embrace your diagnosis. It's not a label, it's a cheat code

Lean into becoming adaptable and embrace the reality of change

Take control of your self-regulation

Communicate with a heart of curiosity

**There is hope for neurodiverse marriages!**