

ADVANCE LA CONFERENCE

Dare to be Different



YOU BELONG:

LESSONS FROM OUR NEURODIVERSE FRIENDSHIP

Daniel Wendler, MA

Kyler Shumway, MA



THREE THINGS

1. The Loneliness Riptide
2. Escaping the Riptide
3. Being a Stronger Swimmer







MEMORIES → SCHEMAS

Schema (SKEE-MAH):

*Beliefs or assumptions that are **based on past experiences**
that help **guide our behaviors***

I'm **not** a social person

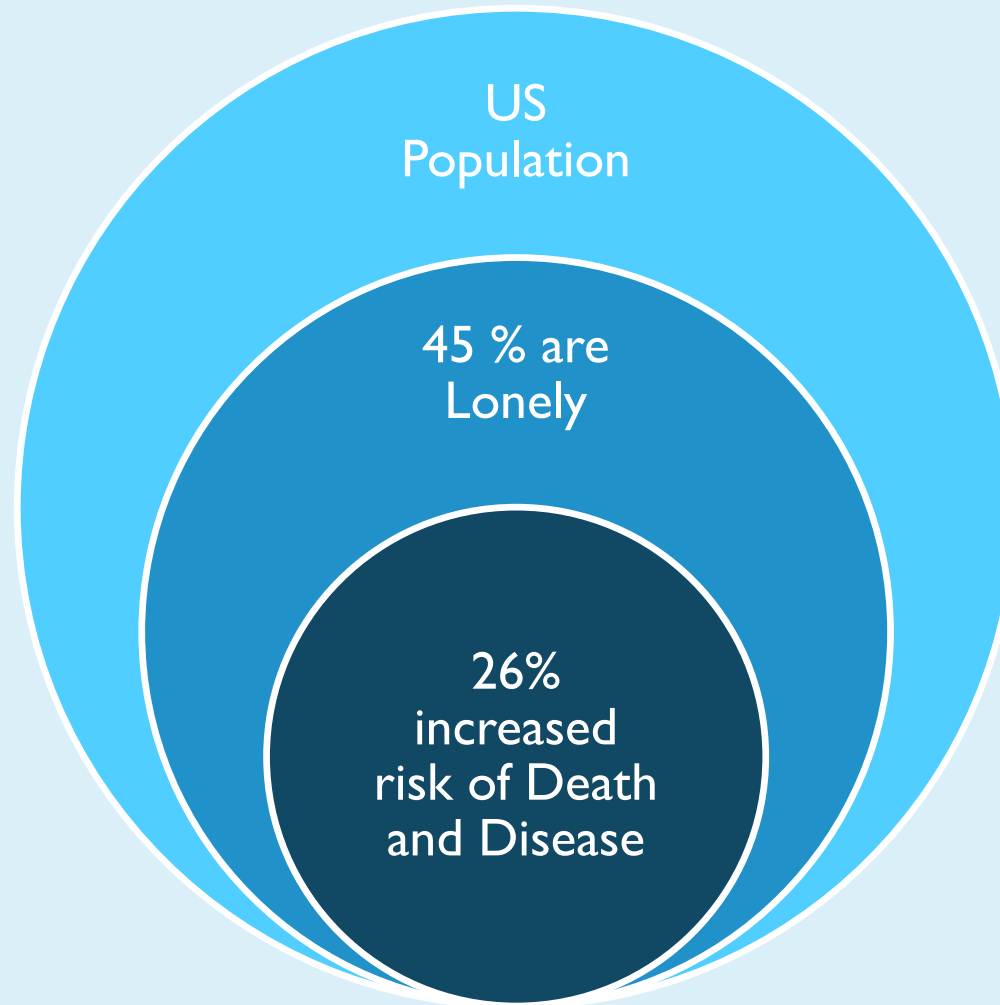
I am **awkward**

No one wants to be friends with me
(I am bad)

THE DOWNWARD SPIRAL



THIS AFFECTS EVERYONE



RECAP

1. **Schemas are beliefs** based in experience that shape our behavior
2. We get into downward spirals, **riptides**, that pull us away from connection
3. **You are not alone** – everyone gets caught in riptides like this

APPLICATION

What schemas hold you back?

How have those affected your choices?

Share with your neighbor

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Share with us!

APATHETIC D&D



The background of the slide is an underwater scene. On the left, a person's arm and part of their torso are visible, reaching upwards. The water is a clear, light blue, and there are many small, white bubbles rising from the bottom. The overall lighting is soft and diffused, typical of an underwater environment.

HOW TO ESCAPE A RIPTIDE

- **Take a risk**
- **If you fail, try again**
- **Reach out and Respond**

RECAP

- We can **easily get caught** in riptides of loneliness
- To escape a riptide, you have to **try something new**
- You can **take a risk** and escape old patterns

APPLICATION

Think about your schema and how that adds to your riptide

Think about **one risk** that can help challenge that belief

Share with your neighbor

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Share with us!

A high-angle, slightly blurred photograph of a swimmer in a pool. The swimmer is in the middle of a stroke, with their head and arms visible above the water. The pool has blue lane lines and a blue and white striped lane divider. The water is splashing around the swimmer. A white rectangular box with a black border is centered over the swimmer, containing the text "BECOMING A STRONGER SWIMMER".

BECOMING A STRONGER SWIMMER



BECOMING A STRONGER SWIMMER



GET IN THE REPS



PACE YOURSELF



FAILURE IS GOOD

A person is swimming in a pool, creating a large splash of water. The pool has lane lines visible. The background is a light blue color.

BECOMING A STRONGER SWIMMER

Tears are part of the process

The important part is the repair

Over time, rupture and repair can make a muscle (and a friendship) stronger



SWIMMING 101



SKILL LEARNING ACTIVITY

MEMORY TEST

The procedure is actually quite simple. First you arrange things into different groups. Of course, one pile may be sufficient depending on how much there is to do. If you have to go somewhere else due to lack of facilities that is the next step, otherwise you are pretty well set. It is important not to overdo things. That is, it is better to do too few things at once than too many. In the short run this may not seem important but complications can easily arise. A mistake can be expensive as well. At first the whole procedure will seem complicated.

Soon, however, it will become just another facet of life. It is difficult to foresee any end to the necessity for this task in the immediate future, but then one never can tell. After the procedure is completed one arranges the materials into different groups again. Then they can be put into their appropriate places. Eventually they will be used once more and the whole cycle will then have to be repeated. However, that is part of life.

MEMORY TEST



Bransford, J.D., & Johnson, M.K. (1972). Contextual prerequisites for understanding: Some investigations of comprehension and recall. *Journal of Verbal Learning and Verbal Behavior*, 11, 717-726.

MEMORY TEST

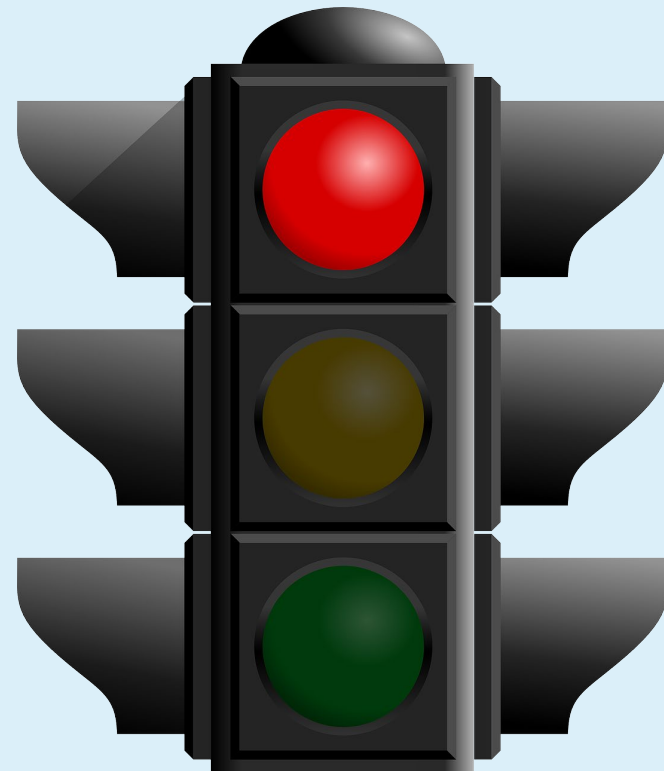
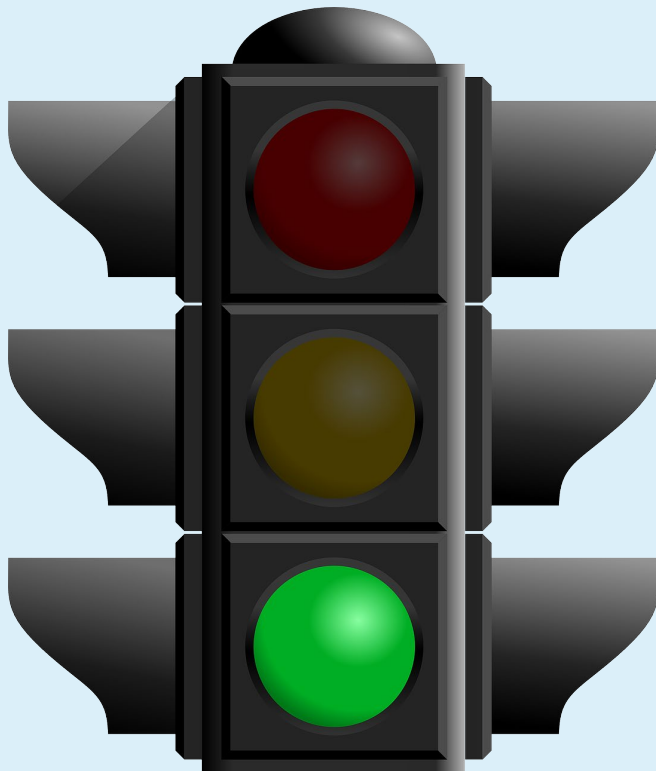
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BODY LANGUAGE

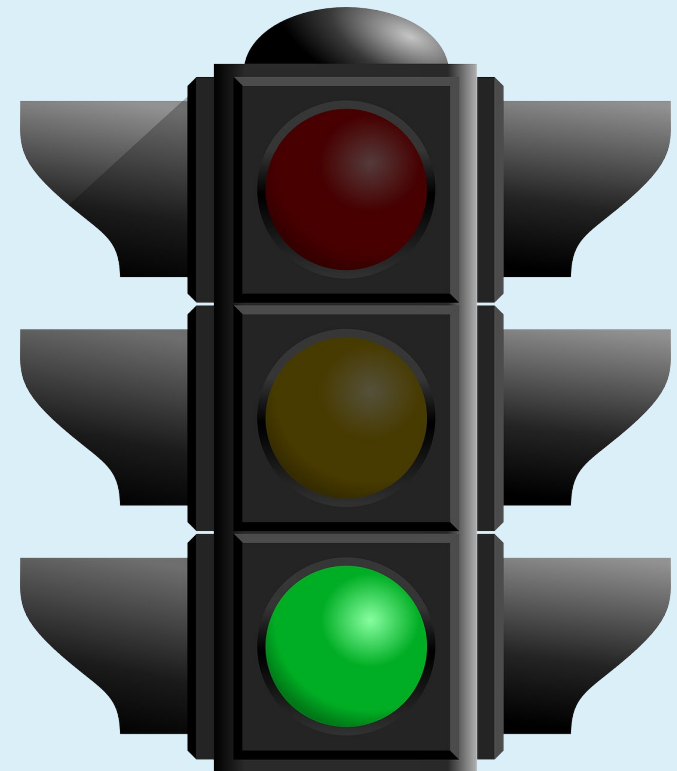


THE SECRET OF BODY LANGUAGE



GREEN LIGHT BODY LANGUAGE

- Facing You
- Closeness
- Relaxation



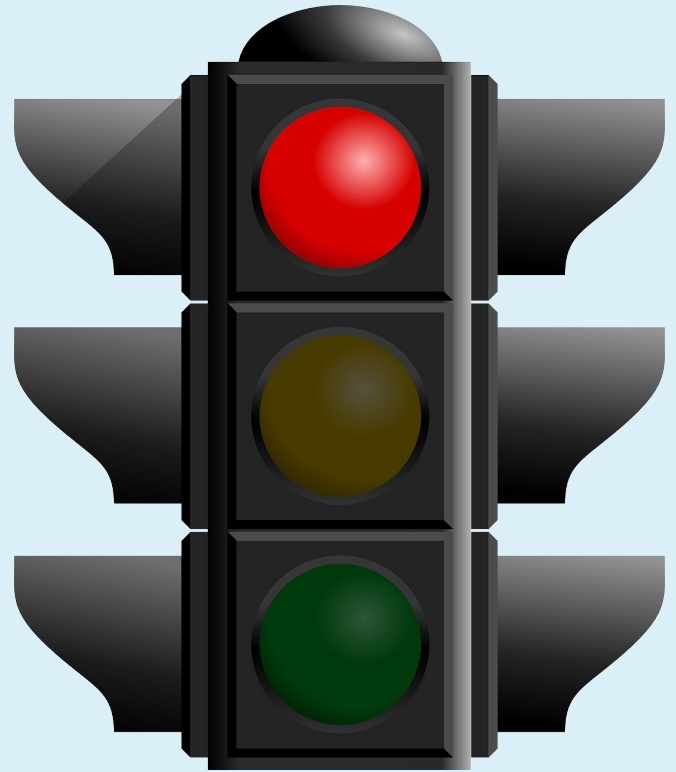
GREEN LIGHT BODY LANGUAGE

- Facing You
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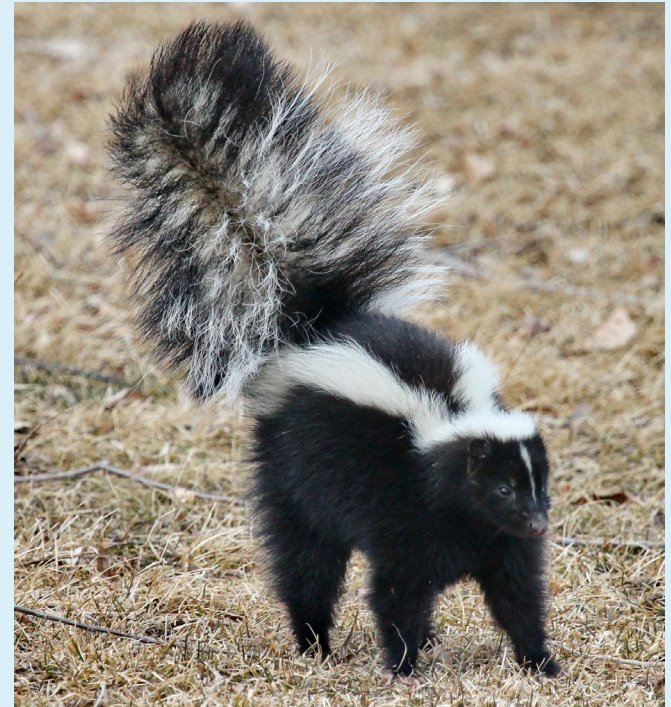
RED LIGHT BODY LANGUAGE

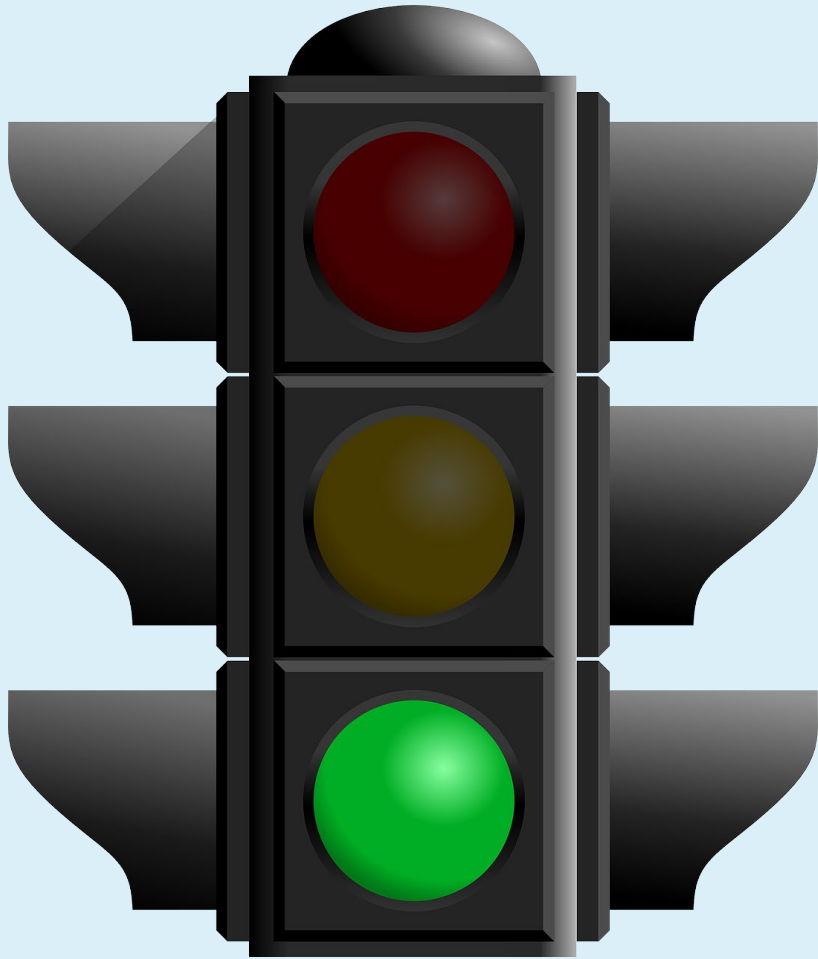
- Facing Away
- Distance
- Tension

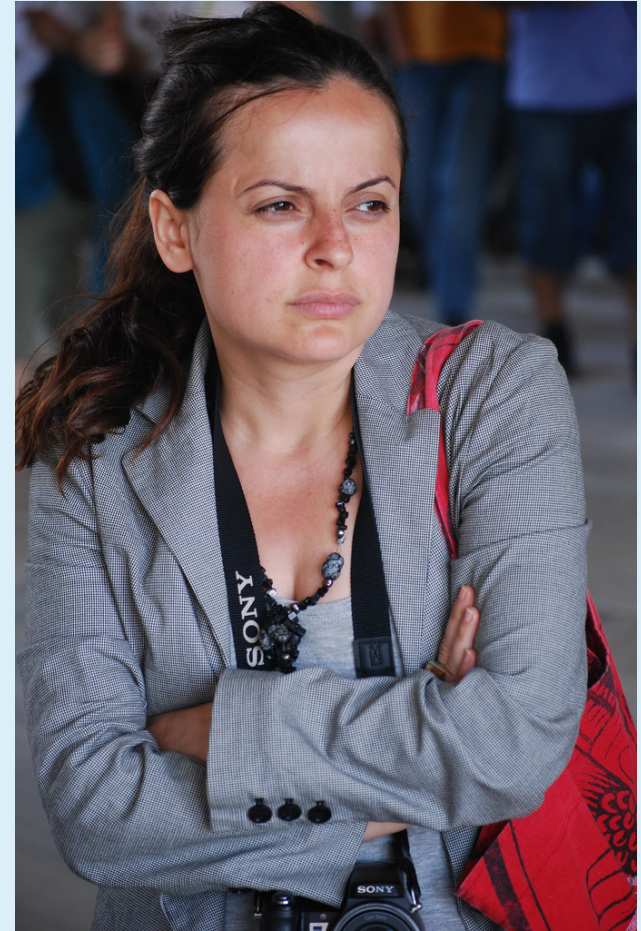
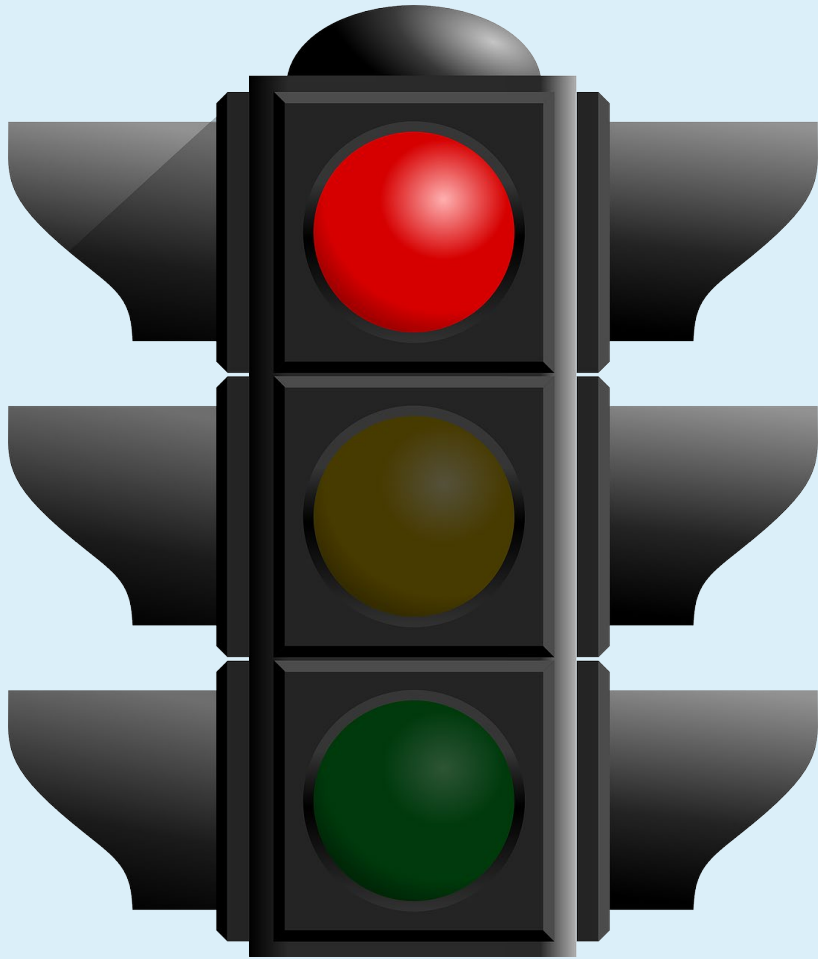


RED LIGHT BODY LANGUAGE

- Facing Away
- Distance
- Tension









[HTTPS://WWW.FLICKR.COM/PHOTOS/HECTORALEJANDRO/](https://www.flickr.com/photos/hectoralejandro/)



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OVERCOMING SOCIAL ANXIETY

I WAS AFRAID, TOO

THE BOY
WHO CRIED “SICK”

WHEN WE FEEL ANXIOUS, WE
AVOID



**TAKE THAT FIRST STEP,
AVOID THE AVOIDANCE**



THREE WAYS TO MAKE IT EASIER

#1 Kiddie Pool



THREE WAYS TO MAKE IT EASIER

#2 Don't do it alone



THREE WAYS TO MAKE IT EASIER

#3 Focus on what
matters



BECOMING RELATIONALLY STRONG

 Consistency

 Courage

 Craft





IF YOU KNOW THE **WHY**, YOU
CAN OVERCOME ANY **HOW**.

A photograph of a lighthouse on a beach at night. The lighthouse is a tall, red, tapered tower with a bright light at the top that casts several beams of light across the dark sky. The beach is dark and sandy, with the ocean waves visible in the foreground. In the distance, there are some lights from buildings or other structures. A full moon is visible in the sky on the right side. The overall scene is dark and atmospheric.

WHAT IS YOUR WHY?

BONUS

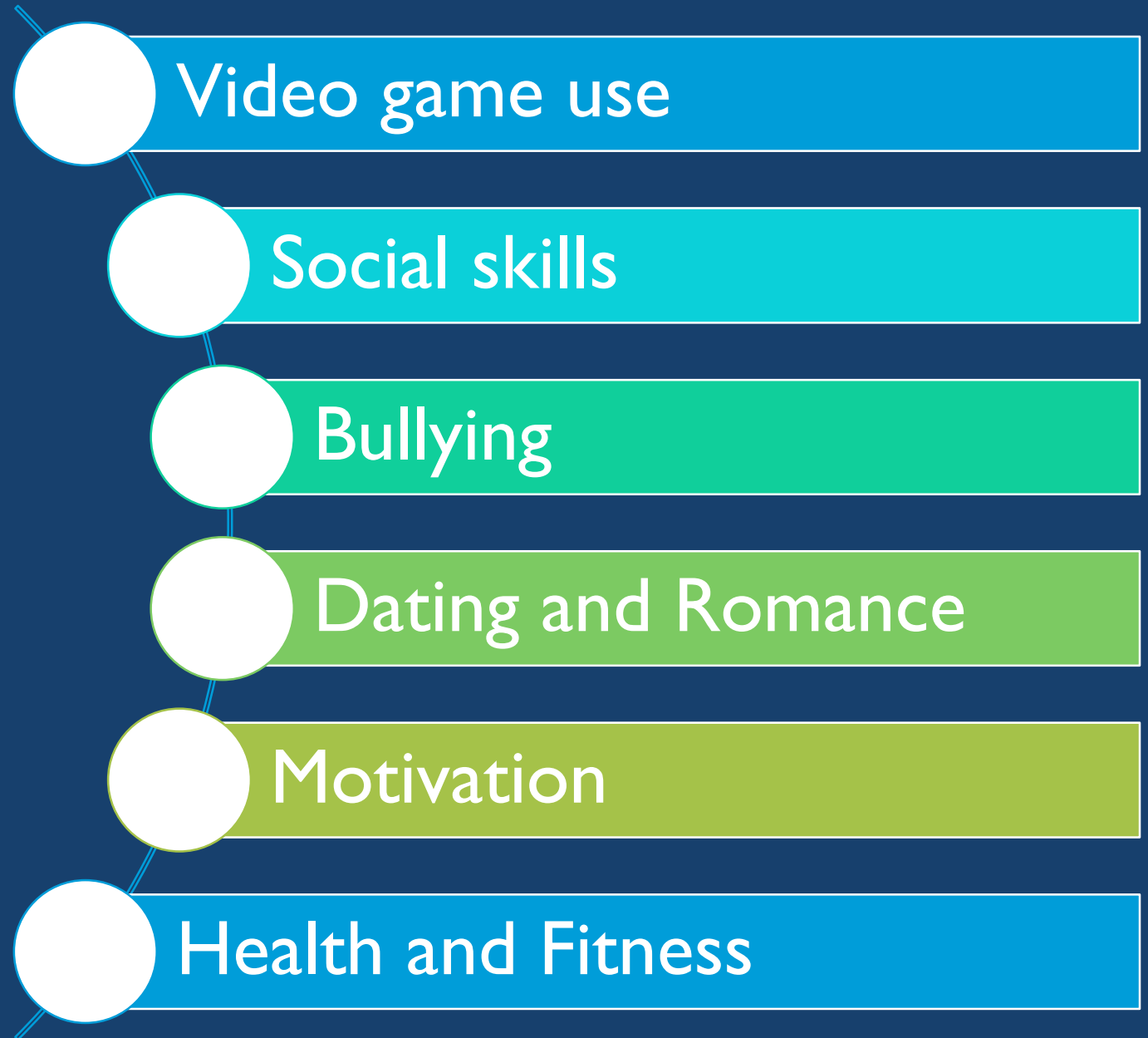


10 LIFE TIPS

10 MINUTES

1. Zoned Out? Fess up!
2. **The Name Game**
3. Blame Your Mouth
4. **Helping Permission**
5. The Ideal Invitation
6. **Elbow Magic**
7. The Connection Detector
8. **Motivation Mojo**
9. Chewing Up Anxiety
10. **Heart to Heart**

FRIENDSHIP FAQ

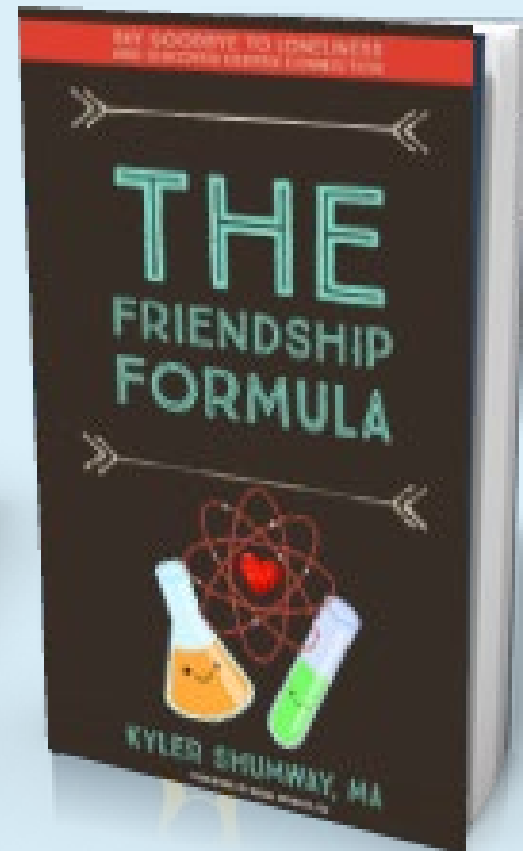
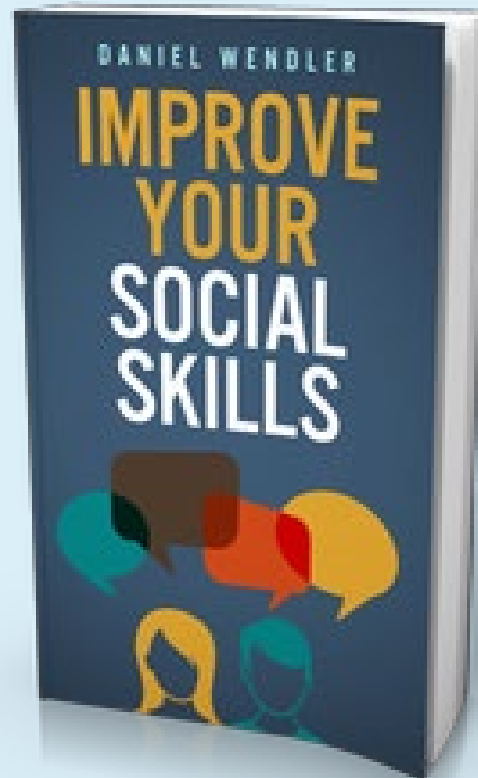


STAY CONNECTED

ImproveYourSocialSkills.com

KylerShumway.com

DanielWendler.com





WHAT IS YOUR WHY?

