



Differently Wired Club

UNDERSTANDING OUR OWN WIRING

This month's theme encourages reflection and exploration of our unique wiring to better understand ourselves and how our wiring impacts our parenting. By leaning into authenticity, self-compassion, and intentionality, we can align our actions with our true self while modeling resilience and growth for our children.

Why does understanding our wiring matter? It helps us to:

- Reveal unmet needs and past misunderstandings
- Uplevel our personal growth and resilience
- Lean into our individual needs, including setting boundaries and embracing strengths and challenges
- Show up more authentically
- Reduce feelings of inadequacy
- Promote healing from past negative beliefs or experiences
- Transform our parenting, helping us more deeply connect with our child

The way we're wired can result in additional parenting challenges, such as:

- Difficulty co-regulation and managing our own emotions and energy when our child is dysregulated
- Struggles to manage all of the executive functioning demands we're tasked with, including managing paperwork and school coordination
- Added stressors and messiness when navigating complex family dynamics in a mixed neurotype household



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At the same time, understanding our own wiring or neurodivergence can *support* our parenting lives by helping us to:

- Identify areas where additional support or accommodations are needed, so we can show up more effectively
- Understand shared traits with our children
- Deepen empathy, enhance connection, and strengthen the parent-child bond
- Model self-acceptance

Practical strategies for deepening our understanding of our wiring include:

- Finding Community: Engage with groups, podcasts, or influencers sharing their journeys of self-discovery and neurodivergence to feel less alone and inspired.
Journaling: Use tools like *The Artist's Way* morning pages or other writing practices to process thoughts and uncover insights about your wiring.
- Seeking Support: Work with a therapist, coach, or mentor familiar with self-discovery and neurodivergence, or use self-help workbooks to explore these aspects of yourself.

Last note: Don't forget to extend to yourself grace and compassion (always)



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Questions for Exploration:

How well do I understand my own wiring, and how might it be influencing the way I parent and navigate daily life?

What traits or experiences do I share with my child, and how can exploring these similarities deepen our connection?

In what ways might my own neurodivergence or sensory preferences make aspects of parenting more challenging, and where could I use more support or accommodations?

How can I offer myself more grace and self-compassion as I work to better understand my wiring and its impact on my life?



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What past experiences or beliefs might I need to grieve or reframe as I reflect on who I am and how I've been misunderstood in the past?

How can I model self-acceptance, resilience, and authenticity for my child to help them embrace their own unique wiring?

What strategies could I explore to deepen my self-awareness and personal growth?

As I reflect on this new year, how can I honor and align with my true self more fully, both as a parent and as an individual?