The Forest and the Words

Gifts & Paradoxes

- Novel connections = unusual reasoning
- People admire my logic — it's my dyslexia at work
- Rituals that regulate everything
  - Control and safety
  - Curiosity and variety
  - Stability and structure
  - Emotional regulation
  - Physical coordination and fitness
- Cooking chaos = writing metaphor
- Writing as translation of forest to words
- Paradox: diagnosis brings relief and worry
- Paradox: reading very easy or horrible
- Paradox: People pleasing and demand avoidance

Dyslexia, ADHD & Autism Interplay

- Dyslexia: holistic, visual, big-picture
- ADHD: attention bursts, idea storms
- Autism: depth-focus, monotropic bottlenecks
- Together: help decode life patterns
- Alexithymia: issues with emotional topics
- Dyspraxia: clumsier handwriting, slowing typing, more typos
- C-PTSD: perceived danger in a social context, masking as a survival response, people pleasing
- PDA resistance

Reading and Writing

- Reading: phantom words, writing: phantom blanks
- Fluent when technical
- Visual memory triggers deep recall
- Background noise is derailing
- Working memory issues
- Procrastination
- External requests → demanding, not creative

Thoughts

- Complex, layered, nonlinear
- Need to structure before expression
- Ideas often outpace writing speed
- "Overflow" moments (burst patterns)
- Lost ideas = frustration
- Sometimes freeze or derail mid-sentence

Reading

- Chunking helps (e.g. numbers)
- Fonts and layout sensitivity
- Emotional tone disrupts focus
- Long words agony (Geschwindigkeitsbegrenzung)
- Prediction failures: "always" → "never"
- Easy / easier
  - During hyperfocus
  - While listening to Text-to-Speech
  - Reading with ruler
- Uppercase names
  - Shouting?
  - Acronym?
- skipping lines, losing space
- Inattention when text isn't appealing (ADHD)
- Reading aloud
  - Tension → Mistakes → More tension
  - Masking
    - Scanning ahead before reading aloud
    - Faking coughs / changing topic when stuck
    - Masked shoelace challenge (early dyspraxia)
  - Avoidance
    - PDA
    - Performance pressure
  - Forgetting the text
  - Complex words → Mispronunciation

Writing

- Holistic patterning at work
  - Iterative and nonlinear process
  - Paragraph jumping
- AI used for proofreading
- Errors
  - Errors increase under stress
  - Reversed letters
  - Typos
  - Missing words
  - Word repetition and prefix confusion
  - Word order mix
  - Spelling
  - Grammar
- Handwriting
  - Pre-typed and transcripted by hand
  - Hard to slot missing words
  - Forms = stressful
  - Dream log = messy but safe
- Avoidance → Demand must make sense before I engage

Presented with xmind