



Hole punch and use a string to keep the cards together

Neurodiverse Adventures Communication Cards

How to Use These Communication Cards

These cards are designed to support Autistic and neurodivergent people in communicating needs, setting boundaries, or expressing themselves—whether you're feeling overwhelmed, non-speaking, or just need another way to be understood. You can use them to show someone how you're feeling or what you need, in a way that feels safe and free from pressure or internalised ableism.



You're Being Pressured to Decide Quickly

"I can't make a decision right now. I need some time to think about it and come back to you."



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Overwhelmed by Verbal Instructions

"That's a lot of information at once. Could you give it to me in writing or break it into smaller parts?"



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Last-Minute Plan Change

"Last-minute changes make me anxious. Can you let me know earlier next time, if possible?"



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Need Clarity

"I don't understand what you meant. Can you say it another way?"



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Setting a Boundary

"That makes me uncomfortable. Please stop."



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Feeling Dismissed


"What you said didn't feel okay to me. I need to feel heard. Can we talk when I'm calmer?"



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After Conflict - Reconnect

"That last conversation was hard for me. Can we talk when we're both calmer?"



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You Need a Break


"I'm overwhelmed. I need a 10-minute break to reset. I'll come back after."



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Someone Interrupts You

"I wasn't finished talking. I feel overwhelmed when I get cut off. Please let me finish before replying."



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