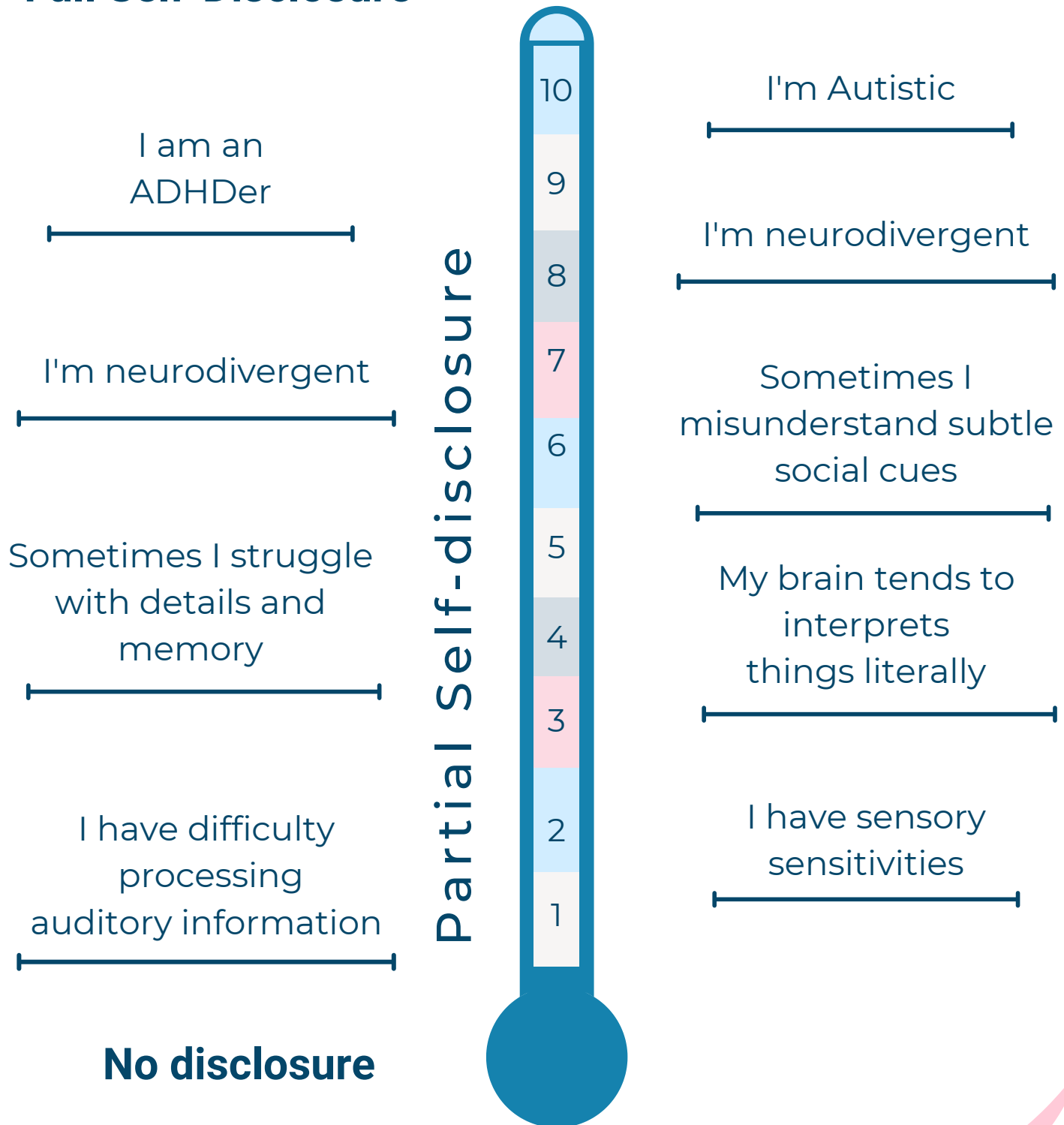


The Neurodivergent Self-Disclosure Thermometer

Self-disclosure occurs on a spectrum. When self-advocating, we may choose to disclose a lot or disclose a bit less.

Full Self-Disclosure



The Neurodivergent Self-Disclosure Thermometer

Create your own hierarchy of self-disclosure.

Full Self-Disclosure

