

# Book preview

This section is a guide to navigate the book, giving you advance insight into each chapter through a clear summary of what's inside and how each one connects to the overall goal of building the double empathy bridge to navigate different neurotypes. The following detailed overview offers clear indication of which chapters are essential for understanding the Tangram Method and which ones provide valuable context and background information but are elective, therefore, you might choose to skip them to read later or not at all. This overview allows you to choose your own reading pace – you may choose to skim read some parts and read others more carefully, based on your interest – and the order you prefer to focus on depending on the topics that are most relevant to you or your prior knowledge. The list is then followed by a pre-reading activity / questionnaire, which you can choose to complete in readiness for the reading journey. In a similar vein, each chapter is introduced by a visual preview of what is inside.

## ONE

**Main topic:** a historical journey through autism's discovery, diagnosis evolution and the possible roots of stigma

- Informative
- Elective

**Summary:** provides historical context for autism and its understanding; introduces neurodiversity and clarifies the book's purpose; analysis of how historical perspectives shaped current stigma; offers a timeline from the first diagnosis to contemporary facts

- Discussion on diagnostic criteria and perceptions over time
- Timeline of autism's conceptual evolution and relevant events

**Objective:** to draw a picture of the history of autism, in view of strengthening the understanding of the social place autism occupies today, including the stigma surrounding it; to provide the foundation for explaining why a new approach is needed

## TWO

**Main topic:** unveiling the method's origins, principles and the seven neurodivergent protagonists that form its foundation

- Fundamentals
- Essential

**Summary:** introduces the Tangram Method, its origins, the people who instigated its creation and the seven core actionable principles

- origins and development of the method
- core principles and theoretical framework
- introduction of the seven original neurodivergent characters

**Objective:** to explain how the method was developed; how it has worked for a group of young people in mainstream education; and how they helped build the method; to provide a brief glance at what they have done since

## THREE

**Main topic:** introducing seven neurotypical characters and illuminating the neuronormative mindset from the inside out

- Principles
- Essential

**Summary:** provides reflections about what it is to be neurotypical, presenting seven characters inspired by real-life people, combined with a discussion about personality types

- Neurotypical characters and insights into the neuronormative mindset
- Neurotypical communication patterns and common assumptions
- Jungian typology

**Objective:** to provide neurodivergent readers an insight into the kinds of neurotypical individuals and their traits, in view of creating mutual understanding and genuine connections that promote double empathy

## FOUR

**Main topic:** decoding unspoken communication across cultures, history and neurotypes

- Theory and Information
- Elective

**Summary:** discusses the use of body language and other silent codes to communicate and interact in society

- Nonverbal and implicit communication
- Cultural variations in communication expectations
- Communication differences and common potential misunderstandings

**Objective:** to give readers with a preference for spoken or written language an insight into historical and sociological aspects linked to unspoken communication

## FIVE

**Main topic:** navigating the complex world of figurative language and symbolism, along with their neurodiverse interpretations

- Theory and information
- Elective

**Summary:** discusses the dominant social preference for figurative language and presents an overview of studies on its usage in different cultures and contexts

- Historical and cultural evolution of figurative language (metaphor, idioms and symbolic expressions)
- Symbolic communication and different neurotypes
- Challenges to mutual understanding

**Objective:** to give readers with a preference for literal language an insight into historical and sociological aspects of neurotypical choices and why this has been considered the norm, encouraging an open dialogue to bridge the double empathy gap

## SIX

**Main topic:** reflections on how to bridge the double empathy gap between neurological worlds

- Principles
- Essential

**Summary:** This is the core reason for this book's existence: to foster mutuality between neurotypes escaping the old tested and failed one-sided approach.

- Practical strategies for cross-neurotype understanding
- Tools for mutual adaptation and accommodation
- Suggestions for bridging techniques

**Objective:** to invite neurodivergent people to strengthen their authenticity (unmasking) without missing opportunities to connect with significant others, including those who are neurotypical; to help the reader build better mutual connections (based on double empathy)

## SEVEN

**Main topic:** crafting a vision of a neuroinclusive tomorrow through individual actions and collaboration

- Aspiration and information
- Elective

**Summary:** draws on recent events, publications, and other relevant pointers toward an inclusive society.

- Vision for a more inclusive society
- Practical steps for individuals and communities
- Reflections on mutual understanding, balanced empathy and acceptance

**Objective:** to help neurodivergent readers play an active and intentional role in challenging stereotyped perceptions, and the resulting double empathy problem, by developing genuine and healthy neurodiverse connections; to invite the reader to adopt an optimistic approach to the future of neurodiversity advocacy

## Pre-reading reflection

Before you dive into this book, let's take a few moments to prepare your mind and set yourself up for a rewarding reading experience. This short questionnaire will help you:

reflect on your own experiences and goals

identify your current understanding of neurotypical behaviours

clarify your expectations for the book

get into the right mindset for learning and growth.

Answer these questions as briefly or thoroughly as you prefer. Bear in mind there are no right or wrong answers but reflecting on the questions will help you get the most out of this book.

## Pre-Reading Questionnaire

What are some of the biggest challenges you face when interacting with neurotypical people?

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What are your main motivations for improving your relationships with neurotypical people?

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What are some things you already know about neurotypical behaviours and communication styles?

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What are some things you hope to learn from this book?

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How do you plan to use the information and strategies in this book?

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Do you have any specific questions or concerns about interacting with neurotypical people that you hope this book will address?

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Once you've completed the questionnaire, take some time to reflect on your answers. This will help you focus your attention on the areas that are most relevant to you as you read.

Remember, this book is intended as a resource to help you achieve greater understanding and connection while building double empathy bridges and developing stronger, healthier and safer relationships with the neurotypical people in your life.