NEURODIVERGENT NORTH · FREE GUIDE



Behavior Is a Clue

A quick guide to getting curious about what your child needs, and what you need too.

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START HERE

What if we looked beyond the behavior?

A child refusing, yelling, hiding, or running away may be having a hard time with something we cannot see yet. The same is true for adults who freeze, snap, or shut down. Behavior gives us information, but it does not tell us the whole story.

Instead of starting with **"How do I stop this?"** try asking:

"What could be making this hard?"

Three things to remember

1. **One behavior can have many causes.** Do not assume you know why.
2. **Safety and connection come first.** Help everyone feel safe before trying to teach.
3. **Look for patterns.** What happened before? What helped afterward?

Behavior is a clue, not a character flaw.

Small shifts in how we respond can make a **big difference.**

How to use this guide: Parents, use pages 3–4. Neurodivergent adults, use pages 5–6. Many of us need both.

PARENTS

The Behavior Clue Cheat Sheet

Possible clues to explore. These are not labels or diagnoses.

WHAT YOU NOTICE	ONE POSSIBILITY TO EXPLORE
Refuses to get dressed	**Scratchy clothes, rushed mornings, trouble getting started**
Melts down after school	**Fatigue, hunger, stress, or holding it together all day**
Avoids or leaves a task	**Unclear directions, overwhelm, or a task that feels too hard**
Says “I don’t know”	**Needs more time, help finding words, or a different way to answer**
Gets upset when plans change	**Unexpected transitions or needing more warning**
Yells or hits	**Overwhelm, frustration, or difficulty expressing a need**



Try this

Offer a break, reduce demands, give a choice, show a visual, or ask what support would help. **Then notice what changes.**

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Be a Behavior Detective

Use this after a tricky moment, when everyone is calm. Use "I notice..." and "I wonder...", not "they always..."

1. What happened right before?

2. What did my child do? (Just the facts.)

3. What might have made that moment hard?

4. What is one thing I could try next time?

Remember: You do not have to solve every behavior. Start by noticing the clues. A good moment is a clue too, so write those down as well.

ADULTS

Your behavior is a clue too

If you are a neurodivergent adult, the same rule applies to you. The thing you call “lazy” or “dramatic” is usually a need you haven’t named yet.

WHAT YOU NOTICE IN YOURSELF	ONE POSSIBILITY TO EXPLORE
Can’t start the task you care about	**Unclear first step, too many steps, or no outside structure**
Snap at people after work	**Masking all day, sensory overload, hunger, or no recovery time**
Scroll for hours instead of resting	**A brain looking for easy dopamine, or rest that doesn’t feel like rest**
Freeze or go quiet in conversations	**Needing more time to process, or not feeling safe to say it**
Fall apart when plans change	**Needing more warning, or energy already spent on the old plan**
Run late, again	**Time blindness, hard transitions, or a morning with too many decisions**



Try this

Talk to yourself the way you’d talk to your best friend: **“That was hard. What was the clue?”** Shame never fixed a hard day. Clues do.

ADULTS · PRINTABLE

Be a Behavior Detective

Use this after a tricky moment of your own, when everyone is calm. Use "I notice..." and "I wonder...", not "I always..."

1. What happened right before?

2. What did I do? (Just the facts.)

3. What might have made that moment hard?

4. What is one thing I could try next time?

Remember: You do not have to solve every behavior. Start by noticing the clues. A good moment is a clue too, so write those down as well.

WHAT'S NEXT

From one clue to a real plan

This guide helps you notice one clue. My course, **Chaos to Clues™**, helps you turn those clues into a plan.

1. **Clues.** Track what you see, including the good moments.
2. **Patterns.** Find what keeps happening, and where things go well.
3. **Supports.** Match one support to the real difficulty, then test it for 5 days.
4. **Progress.** Keep it, adjust it, or go back to the clues. No guessing.

Stop guessing. Start collecting clues.

Chaos to Clues™ and the Clue Tracker live inside **Neurodivergent North**, my community for neurodivergent adults and parents raising neurodivergent kids.

skool.com/neurodivergentnorth →

If a child or adult is in danger, put immediate safety first. If behaviors are frequent, intense, or new, consider talking with a qualified professional. This guide does not diagnose.