

16 Reflection Questions to support Neuro- Affirming Therapy



**A TOOL TO HELP DEEPEN PRESENCE,
DISRUPT INTERNALISED ABLEISM &
DEVELOP ATTUNED THERAPEUTIC
RELATIONSHIPS**

YOURSTORY

1. What is my understanding of **Neurodiversity** and are there any areas where I need to further educate myself?
2. How am I helping each of my clients feel safe enough to express and assert their own **needs and boundaries**?
3. In what ways am I **building rapport** and what does **attunement** look like in each session?
4. Do I let each client know that I deeply value **their lived experience** and their willingness to share it with me?
5. Where do I notice myself becoming **prescriptive or performative** in therapy?
6. Whose **definitions of progress** or improvement am I working from?
7. Am I truly **listening** to what the client is expressing or am I interpreting it through a lens of what I think they 'should' be saying?
8. Am I showing **empathy** towards my client's invisible burdens, unique barriers and Neuro-minority stress?

Y O U R S T O R Y

9. Have I labelled behaviours as 'maladaptive' without first understanding the **context or function** behind them?

10. Have I considered if my client is in a period of **potential burnout**?

11. Have I sought any **feedback** from clients about their experience of therapy so far?

12. How do I help clients process their emotions in a way that resonates with them, taking **Alexithymia and Interoception** into account?

13. Am I encouraging the client to **engage with change** on their own terms?

14. How would therapy shift if I viewed the client as the **expert** on their own internal world?

15. How do I model **flexibility, curiosity and humility** in moments of not-knowing?

16. How might I unintentionally hold **power** in ways that limit this client's self-expression?

YOUR STORY