

Justin Janoson ([00:00](#)):

Welcome to What's the Rule A Neurodivergent podcast. My name's Justin Janoson. I wrote, directed and produced that original pilot that's out on YouTube now. You can watch it at the link wherever the link is, depending on where you're listening to this podcast.

Kayleigh Jayne ([00:15](#)):

I'm Kaleigh Jayne. I play Jack in what's the rule.

Justin Janoson ([00:18](#)):

And where you're hosts for this podcast? Wow, we planned this so well. Oh my God, now, right? You can totally tell that we have ADHD. You could already, you totally can't tell by how well we've planned this so far. It's really been a while since people have heard from us. Yeah, this is not going up today, but today as we're recording this, it is Autism Acceptance Day. So happy Autism Acceptance Day Kayleigh. Well,

Kayleigh Jayne ([00:43](#)):

Thank you.

Justin Janoson ([00:44](#)):

Well, you're not gonna wish one to me. I see how it is.

Kayleigh Jayne ([00:47](#)):

Happy Autism Acceptance Day

Justin Janoson ([00:49](#)):

Thank you. You know what the other significance about that day is, right?

Kayleigh Jayne ([00:53](#)):

Yeah. Today we released a show.

Justin Janoson ([00:54](#)):

Yeah. One year. One whole year. And it's been insane. It's kind of changed my life and career in so many ways. So if you're, if you've watched or supported throughout, uh, we're just gonna start off this podcast by kind of saying, by saying thank you for your support. It means a lot to the both of us. Yeah. Whether you've bought our verse, which if you're watching the video version, I'm something us a SMR right there. Well, we love that. Don't you love? Look at you. It's, you're on the back of this.

Kayleigh Jayne ([01:28](#)):

Oh my gosh, really?

Justin Janoson ([01:29](#)):

Isn't it crazy? Wow. And but in all seriousness, it's, it's been a highlight and a joy to be able to bring this story to life. And while we haven't been able to make more, we wanted to still make content and hopefully impact at least one person's life through just talking about some of our experiences growing up, neuro divergent, disabled. And as we navigate the entertainment industry as neurodivergent people,

there are rules that we wish we had beforehand, obviously. And being neuro divergent, especially autistic, we don't often know what those rules are until after we've broken them. Yeah. So that's what we're hoping to talk about with this podcast and we're really excited. Anything you wanna add to that?

Kayleigh Jayne ([02:24](#)):

No, we could covered all the

Justin Janoson ([02:25](#)):

Races later on. We're gonna get, I posted up some stuff on Instagram, so we're gonna get, we're gonna read some of those questions later on. There weren't too many that I can share. Cause a lot of the, a lot of everybody, there are a ton of people that ask questions, but a lot of them were the same question, which I'll answer right now. It's when is chapter two coming out? And the answer is, I have no idea. I, I cannot stress that enough. None of us have any idea when we're gonna be able to all get together and film it because it, it filmmaking's expensive And

Kayleigh Jayne ([02:56](#)):

I'm still in high school. I

Justin Janoson ([02:58](#)):

Still school. Yeah. So we're currently looking for financiers as well to help bring a full season to life because that you can't make films and television shows, whatever without money. And as a goal in-depth media, the, oh shameless plug right there. Got my in-depth media shirt. I love these shirts. They're so soft. I know you got the, this off topic, but you got the sweatshirt.

Kayleigh Jayne ([03:24](#)):

It's really soft.

Justin Janoson ([03:26](#)):

That was the goal. That was sensory friendly. Like ta, like tearaway tags labeled on the products.

Kayleigh Jayne ([03:32](#)):

Yeah. They were a life Sanger, the taroy tags.

Justin Janoson ([03:36](#)):

I haven't, oh I haven't ripped this off here. I'll do it right now. For the people watching.

Kayleigh Jayne ([03:42](#)):

Boom, look at that sensory issue gone.

Justin Janoson ([03:45](#)):

I usually have an issue, but I've been waiting for like a reason to rip that off to, cuz I, a lot of the times I do it in front of people to prove the point that it can. And now after however many months I've been wearing this shirt, I don't have to worry about that anymore. But on Twitter was saying, we've done something rare, which is what's the rule has generated a small profit, not enough to make more, but it's,

it, it, you know, it's, it's not like I lost money on it because while we crowdfunded it, a lot of my own money that I had saved up at the time went into it and we're looking for financiers. That's the easiest answer I can get. So if you want to contribute, if we get 500 patrons, we'll be able to produce a second chapter. Unless that happens, we're gonna for look, we're gonna keep going on the financier route for a full season and attaching showrunners other people. And my goal is to work with people that allows everybody that wants to come back and can come back to come back to the show. Because without having a major, you know, the majority disabled casting crew, you lose all of the heart. I, I feel that it had, because it's such an authentic story.

Kayleigh Jayne ([04:51](#)):

Yeah.

Justin Janoson ([04:53](#)):

Is there anything specific that you would like to bring up? Nope. Cool. So I thought for the first sentence, this is the first kind of episode. We could just kind of reminisce about some of the rules we wish we knew before we actually filmed that first pilot. Because all of us were, except Emily were very green. Yeah. And I know you, you hadn't acted on camera before. What was that like for you?

Kayleigh Jayne ([05:14](#)):

It was actually the transition back to stage. That was the biggest issue for me. Really? Yeah. Because while the stage and screen acting are both acting, they're two completely different realms of acting. One you are so over the top expressor of like you need those big expressions. And then the other one, it's the microexpressions that really like make the acting what it is and make good actor and actor like in theater. Sure micro expressions are great and everything, but to make an actor a good actor, you have very over the top expressions. Your diction is amazing. Like, and it's very, you need to always be facing out and everything. Like you can't really show the back of your body to the audience like cuz that fourth wall. But on screen it's more the micro expressions that make you a good actor. It's like the small little things.

([06:10](#)):

It's the small movements that the camera can pick up that kind of make not only the acting but the storyline like 10 times better when on stage is not quite as that. So getting back to stage acting after screen acting, there was a lot of my director looking at me being like, here you're not expressive enough. Keely, take it up a level. Cuz it was just such a habit from like screen acting that I wasn't over the top. So that was probably the biggest thing that like I encountered while doing screen acting. I mean actually filming the episode and everything, there wasn't a lot that I was walking into completely unknown. Granted I was walking completely unknown but everybody was very like helpful on telling me what this is, like what this is. Like Jess and everybody had prior acting experience on screen. So everybody kind of just walked me through everything.

Justin Janoson ([06:59](#)):

I mean yeah, I I like to hope that that was kind of the best possible environment for a first timer such as yourself. It

([07:08](#)):

Was, I mean I've been that first that kind of made, well it wasn't Claire's first time on that set, the one before Snap Mets Claire, Claire had, you know, you know the story of how I brought Claire into the woods looking back on it was weird. But to be fair, I had expected the co-star to be there by then. But

she was running late and we need to get shots done. So we just had a bunch of guys with Claire going into the woods alone, it's, you know, a little fishy. Yeah. It's, it's truly amaz. It's, it's, it's it's, I'm I'm glad that you enjoy and everybody enjoyed it. I don't think I've met somebody that's, at least they haven't told me to my face that they had a bad experience on that set. Yeah. We had some of the most amazing people. Yeah. So we're, we're working on that. For you though, how did you feel that this was gonna go like well I know how, what's the rule has impacted my life cuz it's given me so many opportunities but for you I don't think we've ever really discussed like what it's meant for you. Cuz I sent you today somebody again today somebody did an edit with Jack. Isn't that so isn't that crazy? Like that's still happens a year later.

Kayleigh Jayne ([08:19](#)):

Yeah, I mean to be, to be very clear and honest, it was a great college essay starter. I was honestly stuck on my college essay for a little bit and then I was just kinda like, oh wait, I asked for a living. Like other than that I've just learned so much more about the autistic community in general, which is kind of shocking considering I am autistic. A lot of people would be like what else is there for somebody that's autistic to learn? But there is so much to just kind of grow from even things I already know. But just seeing from a different perspective and a point of view, it just kind of takes it to the next level. And also realizing that like people look up to me in some ways or another and like see me and realize that like they can do this too.

([09:00](#)):

Just because they have a diagnosis on their sheet doesn't make that diagnosis their label. I've been acting since I was really little and I mean acting is what's got me through a lot. But this one was the first one that I kind of was just like it doesn't help just me. It can help other people in other ways. And I mean I've become an advocate, I do as best as I can but I also know that I can't represent everyone cuz every autistic person's different And as much as I would love to be able to give everyone the representation they deserve, I can't do that. But if you really want to show the representation, you can no matter what diagnosis is on your sheet, you don't have to let that stop you in that. It really is just worth on a piece of paper cuz it's not stopping you from doing anything you love. It's just another thing that you have that you have to deal with. Like it's nothing that can never fully stop somebody from pursuing what they wanna do in their life.

Justin Janoson ([10:02](#)):

How public were you about your diagnosis? Like me, I mean for me I was, I mean I talked about it a bunch but until I started writing this and doing stuff, I didn't really advertise it.

Kayleigh Jayne ([10:12](#)):

I mean I didn't advertise it. I was little walking billboard of like I'm autistic if it was current to the issue that I was dealing with or you were my teacher or something or you were like one of my close friends. It kind of just happened after a bit of just like, oh yeah, I'm autistic kind of thing. I never walk like walked her and be like, oh yeah no I'm autistic. I was ashamed of it for a long time and that's a normal thing to go through. I think it was mostly because again the stigma in media and everything and just when I was di I was diagnosed at the age of seven and that was just like a time in my life where you kind of are growing into yourself. Like that's the start of your growing into yourself. You are in elementary school finally and you now see all these people around you and you are making new friends.

([11:01](#)):

And so like I never walked into advertising it also from the fact that I didn't get any sort of accommodations or any sort of help in elementary school as of now. Like my, I have a liaison, I'm on an IEP, all my teachers understand that I'm autistic. But elementary school, most of my teachers didn't know. And even if they did, there wasn't any sort of accommodation or really anything other than making sure that I was one of the first kids out when there was a fire drill. That was really the only accommodation I got. And that was cuz they really did not want to have their student throw a tantrum in the middle of the hallway. Which is understandable but I wasn't new show public about it. I was concerned about doing this for that reason. But it was just kind of like a, you know what, if somebody doesn't like me because I'm autistic, that's their problem.

(11:53):

I'm still the same person that they've always been friends with. There's just now another word associated with me and it's literally just a word. Like I'm not acting different, I'm not doing anything like that. So I mean I'm not, I'm still not extremely like walking around advertising it but like sometimes I feel like I find out who my true friends are that way. But like I'll tell them and my true friends will just be like, you wanna go get McDonald's? Like they don't care to people that I really don't want in my life are the ones that I'll tell them and they just freak out about it. I'm like, I'm still the same person you were just hanging out with five minutes ago. I just have another label associated with me.

Justin Janoson (12:38):

I we can, we can cut this part out cause I don't know if you want it to be public, but I remember that there was a point where you were on the verge of losing your accommodations, right? Yes. Did what happened with that?

Kayleigh Jayne (12:53):

So I was on the verge and my accommodations, yes I was being gonna be transferred from an iep to a 504 due to the fact that I'm graduating this year and I can take my 504 to college. I had worked through most of the stuff that was on my IEP but I still needed some of the accommodations. Um, but the iep was mainly ironically from my anxiety and my depression. Just like some autism accommodations were sprinkled and there a little bit, it was more or less for my anxiety, depression, adhd. And I worked through a lot of those. They ended up not being taken away due to the fact that I, when we switched semesters, we switched our elective classes and I needed to take one last gym class to graduate and it was a team sports gym class and I'm a very athletic kid.

(13:40):

I would have no problem in the class at all other than the fact that I knew nobody in the class. And with me in order to be comfortable I need at least one person. I need my person and after like maybe two weeks or so I'll be fine but if I don't have that person, I'm not gonna interact. I'm not gonna put myself out there. So it started with me having massive panic attacks. I was unable to walk into the gym and it kind of just spiraled from there. So I was switched over to a virtual learning for gym class and in order to do that I needed to have my accommodations back. So I have my accommodations back. Right now the goal is to switch me over to a 504. As of right now, I'm just kind of chilling out with my accommodations.

Justin Janoson (14:26):

I mean you can still take your IEP to college can't you? Cause I did. Yeah.

Kayleigh Jayne ([14:31](#)):

But one of the big things is, is because I'm most likely going over states and i e p is mainly for learning and growing kind of, it's like an, it's an individualized education plan. And so that more focuses on in the classroom in like an environment like that where college is more or less focused on you now have these tools, use them to expand your knowledge and college you really going to what you wanna do. And so switching over to Final four is less individualized. It's more of overall, hey I just need a little help with this. Where it in like in I E P it is very like one-on-one with the teacher kind of thing. I mean I might as well just switch over to a 5 0 4 cuz I don't really need everything in my IEP anymore because I've learned and kind of program from it. But

Justin Janoson ([15:25](#)):

I don't know for me as somebody that, you know, it's because you're still in high school. I recently graduated college and aside from a few references that you don't understand, it doesn't feel like we're like, you remember the time where you're like I need adult permission. And then looked at me and then I was like, oh I'm the adult. Right. I forgot about that. Yeah. So like for such a long time, me, I still, I hadn't seen myself as an adult but when I went to college I had my I E P and it transferred. Like I, I thought it, what I was told was to try to bring everything over because they can't deny it. And then whatever you don't lose or use just don't whatever you don't use just it. It's, I mean I'm fine with them. I took, by the end I didn't really use anything because it didn't truly apply because for film, extra time for tests and quizzes doesn't really

Kayleigh Jayne ([16:21](#)):

Apply.

Justin Janoson ([16:22](#)):

Yeah. You know, but

Kayleigh Jayne ([16:25](#)):

Uh, whereas for me it will apply cuz I'm going into site. Yeah.

Justin Janoson ([16:29](#)):

But what, what happened was whatever I didn't, you know, whatever I didn't use, I just lost. But what was, what for me I think was the benefit was by having all of the accommodations. Even if I didn't use them all, I still, like in case something happened where like I broke basically or, and I did, I needed a support system. I almost failed outta college multiple times. But yeah, for me as somebody that needed that, like having that support system was just truly handy. So I don't know if it's the same but if you have the option to do it just to me I'd just take it and then just worry about it. Whatever they don't take, they don't take us for the most part as long as you get for me. Cuz I, you know, I mean granted I didn't go to You're going

Kayleigh Jayne ([17:17](#)):

[inaudible] right now.

Justin Janoson ([17:19](#)):

Yeah because I went across state lines cuz you know I live in New York. I went to Quinnipiac in Connecticut so that's, it's not as far as that but it's across state lines nonetheless. So they took it. So I don't, uh, I mean and I'm not, I'm not an expert in that field, but it is and it shouldn't be confusing. But with that said, for college right now, what are you most looking forward to?

Kayleigh Jayne ([17:47](#)):

I wanna be honest. I'm doing what my therapist told me not to do when I'm doing the thing where I don't think about it till the last minute cuz then I can't freak out about it cause I have to do it. And that sometimes works, that sometimes doesn't. And when it doesn't, it really doesn't work. But like I know I'm not gonna react to all the change I never have. I'm autistic. It's what happens. And this is a very big change I've noticed. It's changed me personally. Like my personality right now I am extremely tired. I basically just shut down when I'm home. I have a really bad case senioritis, like I'm done. Like just in general I'm like even with the social acts of high school, I'm just done. Like I just kind of wanna wipe my hands clean and be done and be like, I'm cool, we're good.

([18:29](#)):

Like whatever, it's gonna wipe me out for a little bit and I know that and I need to set up plan a place to figure out how to deal with that before I go to college. I know the first couple of months are gonna be very hard physically, emotionally, mentally, cuz I'm not gonna wanna do anything knowing myself well enough. I'm gonna spend the first couple of months in college probably going to class, coming home and laying in bed and reading because that's just kind of my escape. It's always been. It is now. It's what I do right now. I come home, I sleep and I read. I just don't have the energy for anything else. And a lot of people wouldn't be honest and go out and say this, but I feel like it's something we need to normalize that it's okay to feel like this and that it's normal to have this kind of lag.

([19:13](#)):

Definitely in somebody that's neuro divergent. I had something happen on Friday where I was supposed to take my driver's test and something had happened at school. I had my parents come and get me and dismiss me and I splint the rest of the day in bed reading. And I didn't take my driving test because as some people say it, I had no more spoons left. There was nothing physically left for me to give. And if I did it would've pushed me over to the point where then it would've knocked me out for four or five days instead of just taking that one day to rest. I know it's gonna be a huge transition and I know it's not always gonna be very easy for me, but I also know it's a learning experience and one that I'm gonna have to deal with cuz I really don't have any other option. And it's just kind of the reality just growing up I gotta deal with it and just kind of do it.

Justin Janoson ([20:05](#)):

I know I feel that that's been happening to me. That happened to me actually I was talking about that in therapy at one point where cuz uh, once uh, my therapy was through my school. So once I left school I had to find a new therapist and I'm still looking for a new psychiatrist to prescribe my medication, which is a challenge. And it's also really, really expensive to go to therapy when you're not, when your school's kind of not helping you with it. Because even with my insurance still a \$40 copay, which for me as somebody that you know didn't like, isn't, you know, I'm not, I'm not as poor as I once was. Like, I'm not living in my car anymore. I'm not living off a Burger King though I did have it last night because it was late and it was the only thing that was open.

([20:53](#)):

Uh, it's it's expensive and it's hard to find therapist. And I found one and one of the things that brought up was the last few weeks because my January Kaylee and if you know me, you know, some of it, it, it was insane. I had so many like great, great moments but like my life lately, I don't feel like I've had those mad days like I used to. It's either really great or the worst day of my life. There's no in between anymore. Yeah. Which I'm, I'm finally getting ba I was finally getting back to having those kind of in between days but where like good things were happening but still like it wasn't spec it was just, you know, an okay day. But I was just getting so, so depressed from it. And I was told that after having like, I guess like two months straight of win after win after win after win after win a return to normalcy is gonna be depressing. Which is something that I don't think we talk about to me as well. I wish I just, I remember I didn't want to take antidepressants until I saw the movie Edge of 17 because that was the first time I saw a character that, you know, was in high school. Kind of like, we actually take them and say the words, people take them all the time. It's totally normal.

Kayleigh Jayne ([22:08](#)):

I didn't wanna take 'em for the longest time. Um, and just to give context back now in one of the highest dosages possible, which I think is ironic considering the fact I did not wanna take them and now I'm almost maxed out.

Justin Janoson ([22:24](#)):

Uh, I'm, I'm maxed out on my A D H D meds and my, I I don't know where I am on my antidepressants. I haven't had them up in a while. But it's weird because for content, one of they upped them right Be right before, like a few years ago, like the last time I had them up was a few years ago and it was right, it was around I think 2021 when we were, we were, it was right when I, it was like right before I left home cause I was like, I'm feeling so depressed. And I was like this and that and I had left home and I was going through kind of the worst, you know, I had kind, I was going through like one of the worst periods of my life at that point and I remember it had no change.

([23:14](#)):

And I told my doctor that and I said, Eddie's like, oh do you wanna up? And I said no, I think it's actually a good thing. I don't feel any different because before I wasn't on at feeling the worst point. I wasn't at the lowest point in my life, but I was still feeling depressed. And now that I was at the lowest point and I'm still feeling that same level of depression, I think that's a good thing. Yeah. For me most days like I, I will skip a lot of things cuz I just need, I don't have the bandwidth. Like I've doing a ton of networking nowadays. I'm constantly going to things and even multiple things in the span of one day. And to me the fact that most of these networking events are like in such loud places where it's, it's hard to escape the hustle and bustle of, there's no escape. There's like no sensory rooms or anything. So there's no place to escape. I literally have to like go outside or go into the lobby or do whatever, throw AirPods on and just start listening to something where I'm in control in order to just calm myself down. So could go back in there and yeah. For, for you especially I, I know that that's, that's a har a huge part of high school events in general.

Kayleigh Jayne ([24:26](#)):

High school, overwhelming is just overwhelmingly overwhelming. In general,

Justin Janoson ([24:31](#)):

If you could get rid of any or add a sensory friendly space to like one high school event that you've like been through, what would it be?

Kayleigh Jayne ([24:39](#)):

Just day-to-day life honestly That or lunch maybe. Cuz like the thing about assemblies is they, they maybe lost an hour and then afterwards it's whatever. I go home, I relax like it's whatever. But going from day to day classes to lunch sometimes is very overwhelming. I'm definitely already having a day. Like if I'm already at my limit and then I have to go to lunch, I will break. Like I can't it, it's weird cause I've noticed that when I've kind of gotten to my breaking point, I really don't have a filter anymore. I will just say straight out what's on my mind. I'm a very nice person. I like to believe I don't disrespect people. I don't understand why people disrespect people. I think it's stupid, honestly. Everyone's human. But at one point I had a teacher like look at me and be like, you're fine.

([25:36](#)):

Suck it up. And I so wanted to turn back and look at them and be like, I can suck my hand up here but like if you wanna deal with that I can be a big girl. Stick my hand up here [inaudible] Like if you want me to be, be a big girl I can. Um, and that's when my liaison was like okay she needs to take time to calm down. Cause I was obviously very overwhelmed and I just stopped like couldn't mentally figure out where I was that my body went to a fight or flight response. And apparently my response was to not fight but make snarky remarks to people.

Justin Janoson ([26:13](#)):

That's something I feel that many of us can relate to. Um, even if it's not us making snarky comebacks.

([26:23](#)):

Well, um, I'm gonna pull up the other things. So if you have anything that you want to say to stall for time while I deal with this, even if it's just the most random thoughts. Oh, talk about the Geico gecko and how much you hate him.

Kayleigh Jayne ([26:36](#)):

I really don't like him. I really don't like him. I don't know if it's cuz he creeps me out Cuz he is an animated gecko that's talking to you. Or the fact that I don't like the texture of mostly amphibians. The gecko's an amphibian. Right. Wow. Is a gecko an amphibian? Na they are. Oh are they a reptile? Geckos are reptiles. I lied. <laugh>. The amphibians are the ones that can stay in water and outta water, right? Yeah. I didn't know this would turn into National Geographic, but here we are.

Justin Janoson ([27:20](#)):

Claire would love

Kayleigh Jayne ([27:21](#)):

This. She would and she probably would tell me how I'm wrong and give me the definition which I kind of need right now. Name is he [inaudible] It's not right. Don't mind me just stalking my boyfriend to see where he's going. Yeah, I really don't like that dude. I don't like the gecko.

Justin Janoson ([27:43](#)):

Still nobody points out the fact that the, that i, the one with you, he, he's trying to make eye and he goes, he's trying to make eye contact with me when you're in the park. And I Adam him, I put the Geico gecko in the corner. Nobody points that out. And it still makes you mad then nobody notices the fact that the gecko's actually in that video.

Kayleigh Jayne ([28:00](#)):

I don't think I've noticed <laugh>. Hold on one sec. Hold hold, hold, hold. I don't think, I don't think I've noticed

Justin Janoson ([28:10](#)):

I have it up here so I can, I can, I can share it with you.

Kayleigh Jayne ([28:14](#)):

You don't think I've realized?

Justin Janoson ([28:16](#)):

There you have it. So you can see the gecko in the corner if you've, I feel like I've pointed it out to you.

Kayleigh Jayne ([28:26](#)):

Don't [inaudible] I didn't even notice that

Justin Janoson ([28:48](#)):

He just looks up at you at the end. I

Kayleigh Jayne ([28:50](#)):

Just, I didn't notice.

Justin Janoson ([28:53](#)):

I just cut him out of the commercial and then just made him look up at you. Cause I thought it'd be funnier

Kayleigh Jayne ([28:58](#)):

Ed notice

Justin Janoson ([28:59](#)):

Because I, I added the zooms in post so it looks like to make my life easier. But um, so anyway, now that we're done with the gecko, let's move on to questions.

Kayleigh Jayne ([29:10](#)):

Um, when, when you tell, when you ask me the question I you should probably say who it's from.

Justin Janoson ([29:15](#)):

I'm not gonna, I'm not gonna say who it's from because Instagram's also kind of like one of those things where I don't know if people want their, we never said that they're, if they wanted, I never outright asked if I could say who they are.

Kayleigh Jayne (29:26):

I feel like most people don't though.

Justin Janoson (29:29):

Yeah but I don't want to take the risk. That's true. One person asked, I think this is a better question for you. What was the testing process for autism-Like

Kayleigh Jayne (29:39):

It's gonna be different for, for me personally, I remember bits and pieces of it. Again, I was only seven when I was diagnosed. I specifically remember them asking me to follow a light with my eyes. There was a lot of listening to music, which I think was just sensory. Like kind of testing sensory issues. Seeing how loud and how soft things could go. There was a lot of also a lot of occupational therapy with my sensory issues. I didn't know how hard to push, how hard to pull. I have no clue where my horizon is so I don't get dizzy. Sensory normally comes with someone that's autistic a lot. But it was a lot of like showing me photos saying like, Hey can you tell me what this person's feeling or can you tell me what this person's feeling? And that still is what is a lot like they also do a lot of pattern recognition.

(30:25):

So it was a lot of like telling me numbers and then having me repeat them back and just kind of seeing how my brain worked because every everyone's brain works differently. But it was a lot of pattern recognition, memory, social skills, social cues. It was also a lot of just hearing things from my parents and how I react to certain situations and how I chose to calm myself down. There was one time I was freaking out and I chose to get into the sensory swing and hug myself in it. Which was kinda I think was honestly the tipping point for the occupational therapist. And that's when they were kind of like, yeah, no she's definitely autistic. But it's also a lot of things growing up. Like I used to walk on my tippy toes, I had to relearn how to walk. I spoke wicked early, I walked really early.

(31:11):

I used to organize things 24 7. I didn't play like a normal kid. Like a normal kid would play dress up with Barbies. I would decorate the Barbie house and organize it and like organize the closet and that was my version of applying. So it's not just exactly like testing, testing, it's also looking at like your everyday kind of things. As a younger kid it really didn't feel like testing. Looking back, I know it's testing but as a young kid it felt like kind of playing. The older you are probably the more you recognize it's testing but it's really just kind of like facial recognition kind of social cues. It was, I went through an occupational therapist I think when I did mine. So my testing may be different than somebody going through a therapist. But I feel like with a therapist they more or less just talk to you and kind of get what's going on and then go from there.

(31:57):

I don't have a bad experience with my testing. I think my mom made sure that I, it wasn't seen as a bad thing for me. Like it was, oh okay, are you ready to go hang out with your like your friend? And it was something I looked forward to. I remember specifically when we changed my therapy and my therapist because our insurance didn't cover the first one. I was really upset cause I really enjoyed going there. So

it was like something I looked forward to. But I mean testing's different for everyone. Everyone may have a different point of view on their testing. I enjoyed mine but there's a lot of moving parts. Yeah,

Justin Janoson ([32:30](#)):

For me, I didn't ever get an official diagnosis because uh, when I tried to through my insurance, a place where my doctor recommended and I tried to get one through my, cause they only recommended one place and I tried through my insurance and they're like, oh yeah, the waiting period is two years and I'm like two year.

Kayleigh Jayne ([32:47](#)):

Yeah, that's a big thing is the waiting period for a lot of people. Like I have an amazing therapist right now, but her wait list is like three

Justin Janoson ([32:54](#)):

Years. The fact of the matter is that, you know, I have a twin autistic sister so that's one, you know, factor that I'm most likely right there. I've been told, my doctor said, yeah, you're probably autistic. I was diagnosed with ADHD at a time when, you know I wouldn't have been diagnosed as autistic cuz you couldn't do it at the same time. And there's just so many other things that when I said okay, I'm most likely autistic, like the world just made sense in a way. Like everything that I've experienced and all the, I know I have ADHD but I never truly fit fully into that community. Now knowing that there's other things in there, I'm like, yeah, I'm a part of this community but I'm also part of this community and part of this community and it's just such an amazing feeling to now know because growing up my experience, my main experiences with autism were really my twin sister who's, you know, who's uh, has way higher support needs than I did.

([33:49](#)):

So to me I, I was also very ableist and thought that that's what you know it was and that you only go off the information, you know. And so when I got to college and was presented and writing this, not this podcast, but what's the rule? When I was presented with new information, my ideas were challenged and the world just made sense. So yeah. And then next question is, this is a question for you I guess cuz did you go with a more impro, improv improvisational? Did you go with a more improvisational or sticking to the script approach? Is that the right word? Is that how I say it?

Kayleigh Jayne ([34:33](#)):

I think so. I'm not quite sure. Honestly. It was honestly kind of an improv moment. Um, there was the basic structure of the script, but I feel like Justin, you gave me a lot of like somewhat creative freedom on it and how I interpreted things.

Justin Janoson ([34:50](#)):

I pissed you off when I rewrote scenes

Kayleigh Jayne ([34:53](#)):

If you rewrote scenes in the middle of shooting the scenes. And so I feel like anybody that was on the set can attest to the fact that like overall a lot of it was improved. There was the basic structure of the, the script that I went through and that I did make sure to hit the key points of like, I need to hit this, this and this and this next line. It doesn't have to be exactly what's written on the script, but this, this and this

need to come out in that line. Um, you can probably find in the shoots that like none no, no take Did I say the exact same thing?

Justin Janoson ([35:30](#)):

No, here's the thing though. I feel like you, yes, for a lot of it there wasn't, there was like occasional here and there, but I think the major difference was your monologue in the Alexis of Alliance scene because that one was just such a complex and you had the bulk of the dialogue. So it did well. You, you stuck to most of it. It made it a little challenging in editing because I also didn't get all the coverage that I had. It's not you, it's me. It was like I didn't, we didn't, we were, I didn't have all the coverage I wanted. We were shooting with the camera that I wanted the scene to be dim but we didn't shoot with the best low light performer. Emily did an amazing job bringing the story to life and she is, I was actually saw her for the first time on in person since we shot on Thursday. No Wednesday. If you needed cinematographer hire Emily Cordic, you can find her social media on social media. Just type in her name and find the cinematographer named it. Cause I think she's the only Emily Cordic so in cinematography at the moment, I hope I don't wanna randomly plug another Emily Cordo

([36:37](#)):

But yeah, no I think that for you for that, that was really the biggest scene with the most improv cuz that's also the scene. I changed the entire context of the scene with that rewrite.

Kayleigh Jayne ([36:46](#)):

Yeah,

Justin Janoson ([36:48](#)):

That's I think the biggest, like a lot of the other rewrites weren't like that

Kayleigh Jayne ([36:52](#)):

Bad. No, they were just simple ones. I mean I don't wanna say that I changed it every time. I kind of stuck to the same thing. Like I found what I liked and I stuck to that every whole time. We like reshot it but it wasn't exactly what was on the script. So I don't wanna say it was like I stuck exactly to the script, but I did make sure to hit the key points in every line. And like obviously if you had said something like hey let's keep it like this, I would've changed it and I would've been very fine with it. But you gave me a lot of freedom with that to like make sure it felt comfortable and like normal dialogue in something that I would actually say,

Justin Janoson ([37:27](#)):

Can I call you one thing that annoyed me at the time and it still kind of annoys me but I, I couldn't, I can't get it away and there's nothing I could do about it. Now what the scene in the hallway where you say, or you're talking about kind of the approaches that are taken to autistic, like autistic kids in specialized schools which are very harmful and you say even if I was in the rum and I got, so I kept getting, I didn't wanna say it out loud cause it was a long day and we still had to shoot the, to the malign scene that day. But I was just like, I just want you to say room cause you have the Boston accent.

Kayleigh Jayne ([38:03](#)):

No I don't

Justin Janoson ([38:04](#)):

In that one shot you No, and I kept saying, I swear and I kept getting annoyed and I kept trying to get you to say room, but everybody's like, she's saying room and I'm like, no, she's saying rum.

Kayleigh Jayne ([38:16](#)):

I'm gonna go back and watch that now cuz I really,

Justin Janoson ([38:21](#)):

I feel, I'm pretty sure you do because I remember this distinctly because I got, I was getting frustrated because I cut it, I cut it cuz that's the scene also. Was it Nick or were were you the one that was it? No. Was it David Nick that bonked you in the head? You were Jessica in the head with the boom bowl like I'm saying bonked. It was like, it was, it was fuzzy and it didn't hurt at all. Oh no it didn't. It was me but yeah, no that was a fu but yeah, it was that scene. Are you watching it right? No,

Kayleigh Jayne ([38:49](#)):

I'm doodling. I have adhd.

Justin Janoson ([38:53](#)):

Nick asked, this is for me, this is where is snap maps because as you know, we talked about that a lot and I love that, how that film looks, but it, to me, I'm debating whether or not to finish and release it because I think that all the performances are fantastic and I, it it is just a mess. It's like the, the way we wish shot at it was like, it was the fir really like the one of the first few weeks after I left home when we shot that. And so I wasn't the, you know, wasn't truly focused as much as I should have been on a lot of the aspects of that story and making it as good as possible. So there's a lot of parts within that, that specific thing that I just don't think are as good compared to what's the rule because when we release things publicly, I wanted to top whatever had come before, which is why like even though I've made things after, I don't think that those scripts are as good.

([39:53](#)):

So you can watch them and some of them were adapted from earlier contests from what's the rule? So you can watch them right now on Patreon and for one of them I think we have rules which is haha I cut out the part where that line makes sense. But I think that that title makes sense. But I think that like things like that where it's like we're doing it for fun or we're doing it for a grade. I'm not releasing it unless I know that it's in the best place. Like I've been wanting to do re-shoots for that project for a while, but now everybody's two years older and we all look different. There's really no shot. So I may release scenes and such from it and I do use, I use clips from that all the time and like reels and such because I love how that Claire's amazing in that there's amazing in everything.

([40:38](#)):

But Claire's great in that there's this one scene at the end of the film where, cuz we filmed the whole thing with masks cuz it was right, it was literally like a few weeks before the vaccine came out, or it was a few weeks after the vaccine came out so nobody was vaccinated yet. So even though the whole thing takes place outdoors, we were always wearing masks. The one scene where there's a scene in it where I, I truly love where like Claire had like been saved. Clara's character had been saved by the Ariana, my friend Ariana who played Ariana Herz, who played Annie and in that project and there's this beautiful moment or she props Claire up against the tree and then Claire pushes her, tells her to move away and

she pulls down her mask and that's like the first time we've seen her characters still face and she just breathes and it kind of was cold out that day. So you see the breath and I think that that's just such a beautiful scene and that's not my best dialogue or my best directing, but I think that that that, that, that seems like that show like when Claire truly elevates and it's why I always say I'm angry that she doesn't want to go into acting to Claire. If you are listening, drop out a medical school and become an actor, please Hailey, help me.

Kayleigh Jayne ([41:51](#)):

I can't, she's gonna be amazing at what she does. You can't tell me she's not going to,

Justin Janoson ([41:58](#)):

I know I can't <inaudible> fine. Can she become like Ken Jong and be like a practicing doctor but also be like,

Kayleigh Jayne ([42:05](#)):

I don't know, but she's one of the only doctors that I would fully trust. Really? Oh, a hundred percent.

Justin Janoson ([42:10](#)):

For context also, Claire played Ashley and what's the rule? And Ashley was her bully.

Kayleigh Jayne ([42:14](#)):

It's kind of ironic, but

Justin Janoson ([42:16](#)):

Yeah, just imagine that's a, that's a storyline where Ashley's the one doctor that Jack trusts. I don't think that would happen, but I feel like that'd be funny. So thank you to the fans of the show and the fans who are recently discovering us for listening. I hope you enjoyed this first episode of the art chapter Haha. Of the podcast. If you enjoyed it, please support us on Patreon. I don't know how the links work cuz this is going on multiple services, but if you just go to the n [www.in depth](#), that's i n d e p media.com, you'll be able to find links to everything. Kaylee, do you have a fun fact of the day to leave us out on?

Kayleigh Jayne ([42:58](#)):

Ooh ooh, fun facts. I love fun facts. Um, did you know the smell you smell when like somebody fresh cuts their grass is actually the grass screaming?

Justin Janoson ([43:11](#)):

I do now. That's depressing.

Kayleigh Jayne ([43:14](#)):

Yeah, there's like a scientific term reasoning behind it. Something that starts with a p is the smell, but I don't remember what it is.

Justin Janoson ([43:21](#)):

Photosynthesis

Kayleigh Jayne ([43:22](#)):

Don't think that's it, but we'll say it. Sure.

Justin Janoson ([43:24](#)):

Yay. You could tell I did well in, in high school and did poorly in college.

Kayleigh Jayne ([43:30](#)):

It's okay

Justin Janoson ([43:31](#)):

Though. I still graduated early, so, you

Kayleigh Jayne ([43:34](#)):

Know. Hey, I mean, as long as you graduated, I don't see an issue

Justin Janoson ([43:36](#)):

Despite having failed like five or six classes. I still graduated at three and a half years instead of four.

Kayleigh Jayne ([43:43](#)):

Nice.

Justin Janoson ([43:44](#)):

Anyway, yeah, thanks so much for listening. Support us on Patreon. Bye. From the in-depth store. As Kaylee could attest though, she's not wearing it right now. It is comfortable. It is. I'm not, it's not a shame. That's not like a sham. I'm just saying that.

Kayleigh Jayne ([43:58](#)):

I'm not gonna lie. I thought about it too.

Justin Janoson ([43:59](#)):

She get one with your face on it. No. Claire said she was gonna get one with a, with Ashley's face on it and then she never did. Anyway, we will be back in however many weeks to this from when this is released to the next episode. Thanks so much. Goodbye.