

Neurodiversity Protocol

Unit 1 Empathy Model
Chapter 6 Individuality

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Individuality Classes

Principle

Identities can be placed in six categories depending on their properties: **Health, Fitness, Nature, Maturity, Relationships, and Culture**. Each identity has its own requirements for needs. Providing the needs accepts the identity. Keep in mind that a sign or symptom can be a result of different identities and so different tactics are required.

- Health is the answer to “How are you doing?” Health includes physical health, mental health, cognitive (dis)equilibrium, and affect. Health fluctuates. The healing of health can improve fitness. Getting sick improves the immune system and makes it less likely to get sick in the future ([src](#)). An upset person who receives responsiveness learns it's okay to be upset and is more resilient, or less affected by hardship ([src](#)). When muscles tear and repair themselves they get stronger ([src](#)). While perfection is not necessary or always wanted, individual aspects of fitness in people can be objectively measured as superior or inferior. Metaphorically speaking, those who have to travel a greater distance have stronger muscles when they reach the destination.
- Fitness is that which is internal and improves abilities. Fitness can be physical, emotional, and cognitive.

- Nature is who someone is at creation, or who they would unfold into over time without regard to external influences. This includes Temperaments, Sexuality, Race, and Disabilities (that are genetically predetermined).
- Maturity is the result of nature interacting with society, environment, and one's own behaviors over time. This includes Biological Maturation, Personality, Play Personality, and Disabilities (that are acquired over one's life). Nature and maturity can be seen as a spectrum of identities, with some that are as a result of little external influence and others as a result of more external influence.
- Culture includes Interests, Values, Memories, Gender, and Self-Identity itself. Culture is learned. It can evolve naturally or can be designed intentionally. It is transferred via relationships. One's personal culture has individualistic (just me) and collectivistic (shared) strands. A multicultural society must respect both kinds of culture. The better culture is one that better patches to the limitations of human instinct. For example, we can learn to value being wrong. Even though it may hurt one's feeling of accomplishment, it does provide cognitive needs. Memories change over time because you are experiencing it every time you remember it and you are not the same person when you do.

Principle Trait Observation Stressor Right Accommodation Affirmation Fallacy Illustration

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