

DYSLEXIA / DYSPRAXIA / ANXIETY / DEPRESSION / BULLYING OR ABUSE

People affected by one (or more) of these issues need an enormous amount of time to process thoughts, emotions and actions. And silence. And space. And some time alone. In my experience, the last thing they want is our HELP.

How to be kind to (and help) these people...

- Give them more time than they need. Than they tell you that they need. Don't give them rushed deadlines. Never ever hurry them up, by facial expression, tone, signals or words.
- If they are doing something, be quiet. Let them speak first. If they are doing nothing, be quiet. Let them speak first.
- Never criticize. They are doing that for you. Every minute.
- Never judge. They are doing that for you. Guilty. Every minute.
- Remember that what looks like chaos to you is their version of order. What looks like 'weird' behaviour to you is their normal. Don't judge by facial expression, tone, signals or words.
- Allow them to complete tasks at their own speed. They will. Not at your (desired) speed. But they will complete. Most times.
- Don't hug. Not unless they hug you.
- Play the role that you are in their life. No other role than that. Particularly not their teacher or shrink.

How to really NOT HELP these people...

- Speak on top of them. Interrupt them.
- Tell them that they're 'wrong'.
- Hurry them along. By facial expression, tone, signals or words.
- Criticize them. By facial expression, tone, signals or words.

How to HURT these people...

- Find out the environment in which they suffer the most. Or have suffered the most in the past. Replicate the facial expression, tone, signals or words that the person in that environment, who made them suffer the most, used. Replicate this person. They'll soon be hurt. And hate you.
- **EXAMPLE:** For a child who finds school difficult, don't slip out of your usual role in their life and become their teacher. By facial expression, tone, signals or words. That will hurt them. A lot.