

# The Neurodivergent Author: Challenges & How to Overcome Them



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## Writing & Creativity Challenges

- ◆ Executive Dysfunction – Difficulty starting, organizing, or completing projects.
- ◆ Perfectionism & Over-Editing – Struggling to let go of drafts, feeling the work is never "good enough."
- ◆ Sensory Sensitivities – Noisy, distracting environments affecting concentration.
- ◆ Hyperfocus vs. Burnout – Intense writing sessions followed by exhaustion.

Tips to Overcome:

- ✓ Use structured writing tools (mind maps, outlines, timers).
- ✓ Set small, achievable goals to stay on track.
- ✓ Create a sensory-friendly workspace.

## Editing & Feedback Struggles

- ◆ Interpreting Vague Feedback – Difficulty understanding indirect or unclear suggestions.
- ◆ Emotional Sensitivity to Criticism – Overwhelm from negative or unexpected feedback.
- ◆ Processing Multiple Changes – Struggles with handling large revisions at once.

Tips to Overcome:

- ✓ Ask for clear, specific feedback in bullet points.
- ✓ Take breaks between revisions to reduce stress.
- ✓ Work with editors familiar with neurodivergent communication styles.

## Publishing Industry Barriers

- ◆ Rigid Deadlines & Processes – Traditional publishing may not accommodate different work styles.
- ◆ Querying & Self-Promotion – Writing pitches, networking, and marketing can feel overwhelming.
- ◆ Misinterpretation of Unique Writing Styles – Unconventional storytelling, pacing, or character development may not fit industry norms.

Tips to Overcome:

- ✓ Explore self-publishing or indie publishers with flexible timelines.
- ✓ Use written communication for pitching if in-person meetings are stressful.
- ✓ Find neurodivergent-friendly literary agents or writing communities.

## Marketing & Social Interaction

- ◆ Book Events & Public Speaking Stress – Sensory overload and anxiety at signings or panels.
- ◆ Social Media Fatigue – The pressure to constantly engage online.
- ◆ Misunderstood Communication Style – Literal or direct speech being misinterpreted.

Tips to Overcome:

- ✓ Use pre-scheduled posts or alternative marketing methods (newsletters, podcasts).
- ✓ Opt for virtual or small-scale book events.
- ✓ Set social media boundaries to avoid burnout.