



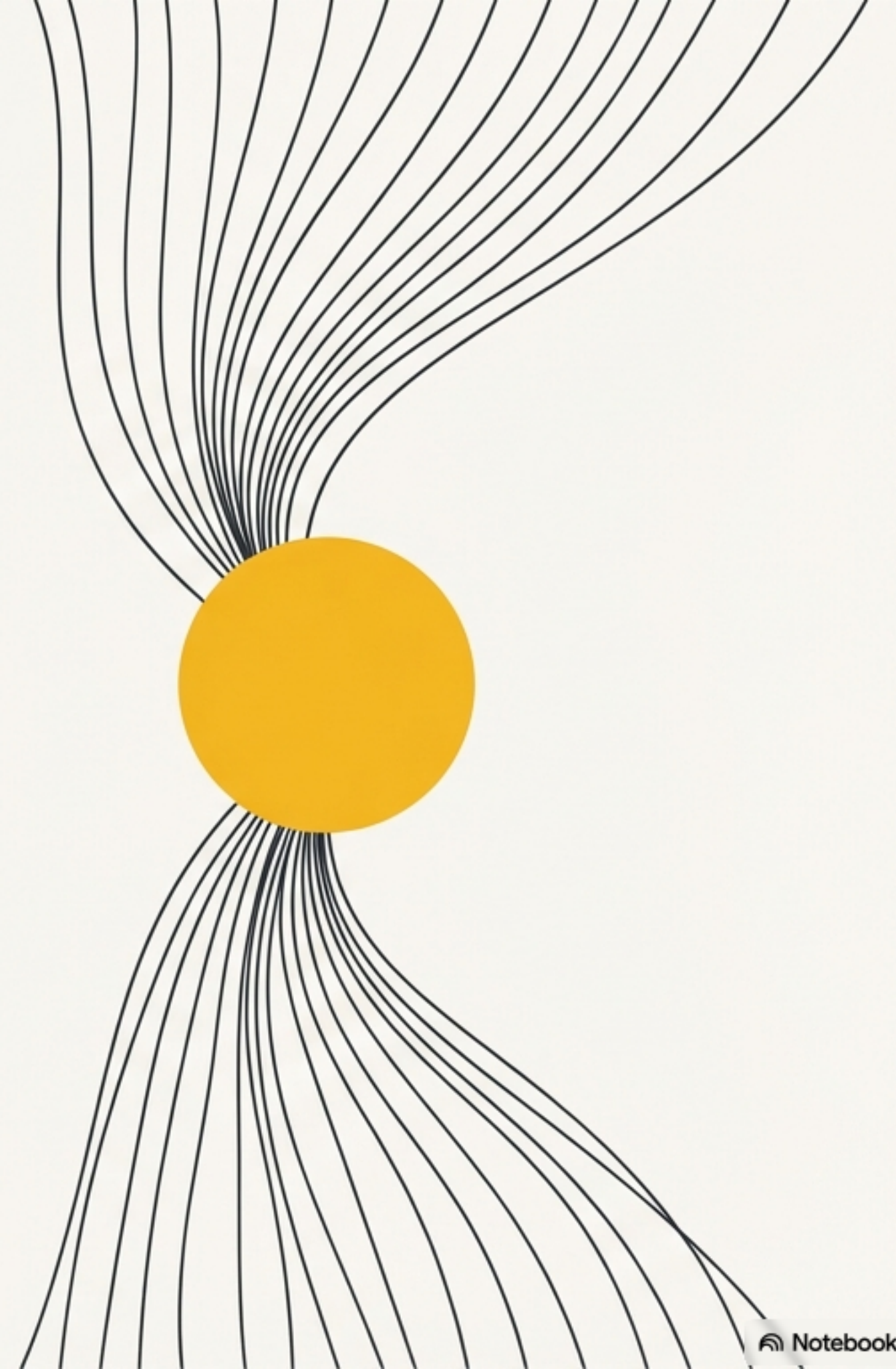
# Infodumping: The Architecture of Passion

Understanding a vital form of autistic communication and connection.

# First, A Shared Definition

Infodumping is the act of sharing extensive amounts of information about a particular topic of interest.

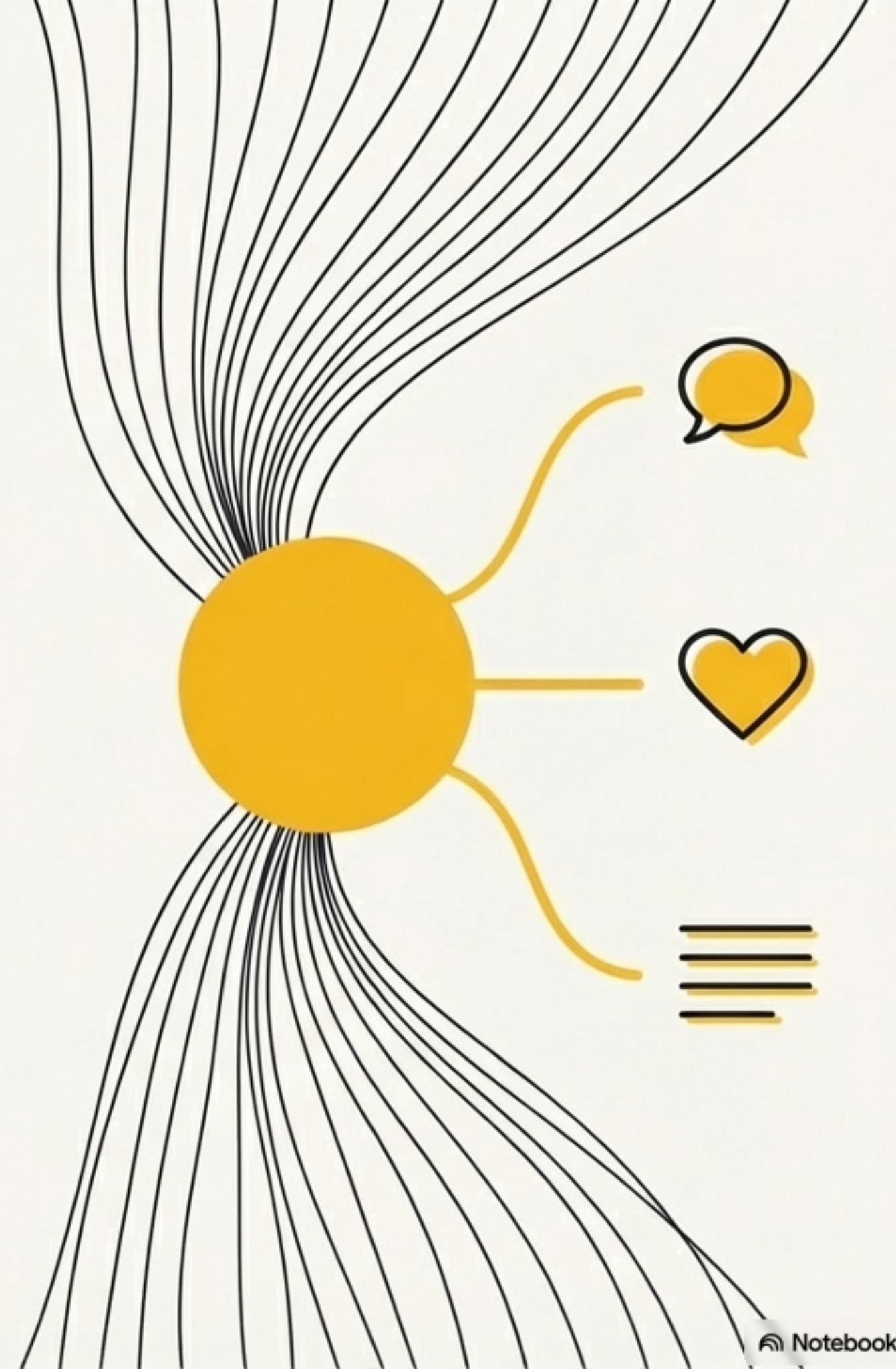
- Often seen in autistic individuals who have deep, passionate interests.
- Characterized by a remarkable depth of knowledge.
- Can occur even when the listener hasn't asked for the information.



# Beyond the Definition: The Human Experience

Infodumping is more than sharing information.  
It is a vital mode of:

- Expression
- Connection
- Self-Regulation



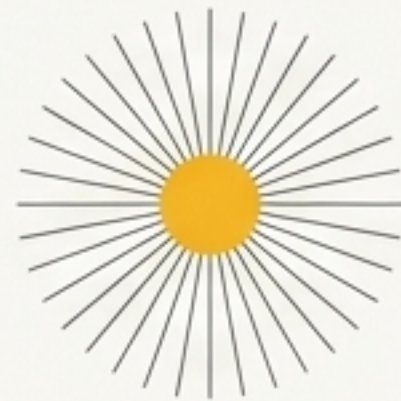
## It is a Bid for Connection.

**“When I infodump, I’m trying to share something I love with you. It’s my way of connecting and showing that I care.”**



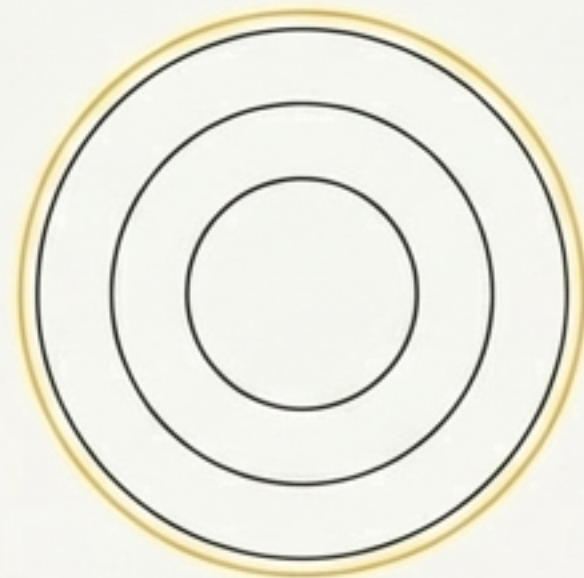
**It is an Expression of Deep Passion.**

**“My infodumping comes from a place of genuine excitement and expertise. It’s not just about the information; it’s about my love for the topic.”**



# It is a Tool for Self-Regulation.

**“Talking about my special interests helps me feel calm and centered. It’s a way for me to manage stress.”**



## **It is a Valid Form of Communication.**

**“ I know my way of talking might seem different, but it’s my way of communicating. Please be patient and open-minded. ”**



# Our Response Is What Matters Most

**When we show interest, we show that we respect and value their passions. Dismissing their interests can be hurtful and discouraging.**



*How can we create a neurodiversity-affirming environment?*

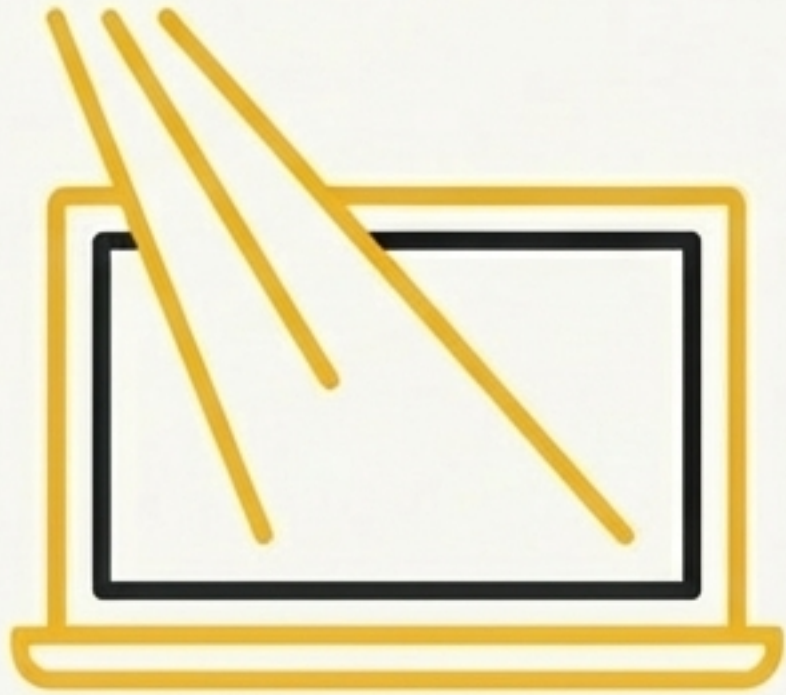
# VALIDATE.



## Show Genuine Interest and Appreciation.

- Listen actively and attentively. Put distractions aside.
- Engage by asking questions about their topic.
- Example: “What’s the most interesting fact you’ve learned about T-Rex?”

# CREATE.

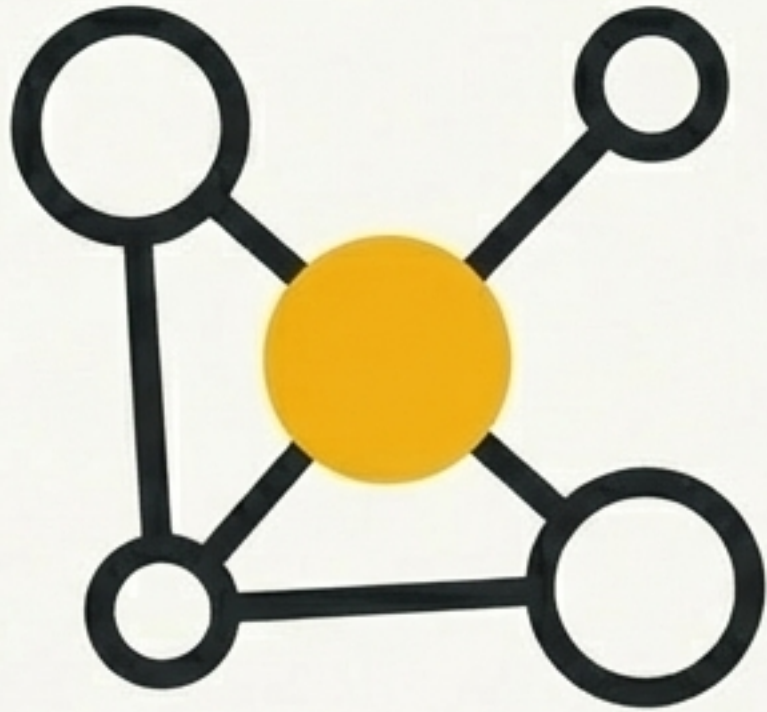


## Provide Opportunities for Sharing.

- Set aside specific times for them to share their interests.
- Encourage them to create presentations, write articles, or make videos.
- Provide a structured and supportive platform for their expertise.

# CONNECT.

## Find Like-Minded Communities.



- Help them feel less isolated and more understood.
- Look for local clubs, groups, or online communities.
- Attend events or conventions related to their interests.

# BALANCE.



## **Offer Tools, Not Demands for Conformity.**

The goal is not to stop infodumping, but to offer tools that help navigate different social situations more comfortably and confidently.

- Role-playing conversations.
- Using social stories to understand context.

# A Thoughtful Approach to Social Skills

## Inter Bold The Benefit

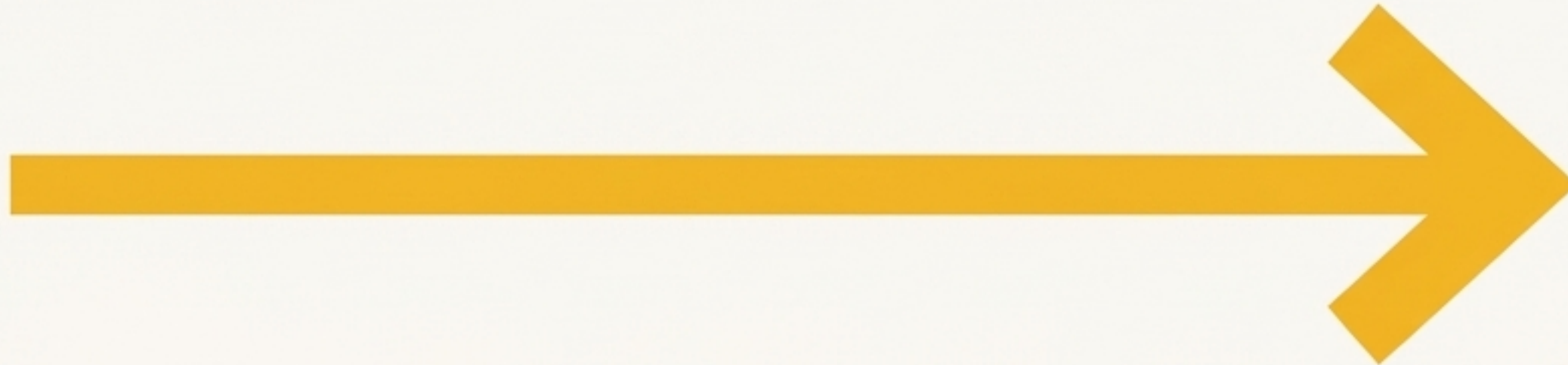
Can improve reciprocal interactions and build confidence.

## Inter Bold The Risk

Pressure to conform can lead to “masking”—hiding their true selves. This is exhausting and detrimental to mental health.

## Inter Bold Safron Yellow The True Goal

Mutual understanding. Educate neurotypical people to appreciate diverse communication styles.



# ADVOCATE.



## **Promote Widespread Acceptance of Neurodiversity.**

- Educate teachers, family members, and peers about infodumping.
- Advocate for inclusive environments in schools and community activities.
- Help create a culture where neurodiverse behaviors are accepted and valued.



**Supporting infodumping isn't about managing a behavior.**

**It's about celebrating a unique strength, fostering connection,  
and valuing a person for exactly who they are.**