

What is 2e?

2e is a synonym for 'Twice Exceptional' and is thought of as a type of neurodiversity. The 2e person is diagnosed 'gifted,' and includes another diagnosed learning difference (LD) or disability.



The LD part of twice
exceptionality can
include...

Dysgraphia

Social Emotional
Challenges

ADHD

Working Memory

ASD

ADD

Anxiety

Processing Speed

Auditory
Processing
Disorder

Dyslexia

Executive
Dysfunction



Perfectionism

Intellectual
Strength

Creativity

Asynchrony

The gifted part of twice
exceptionality can
include...

Artistic
Abilities

Leadership

Empathy

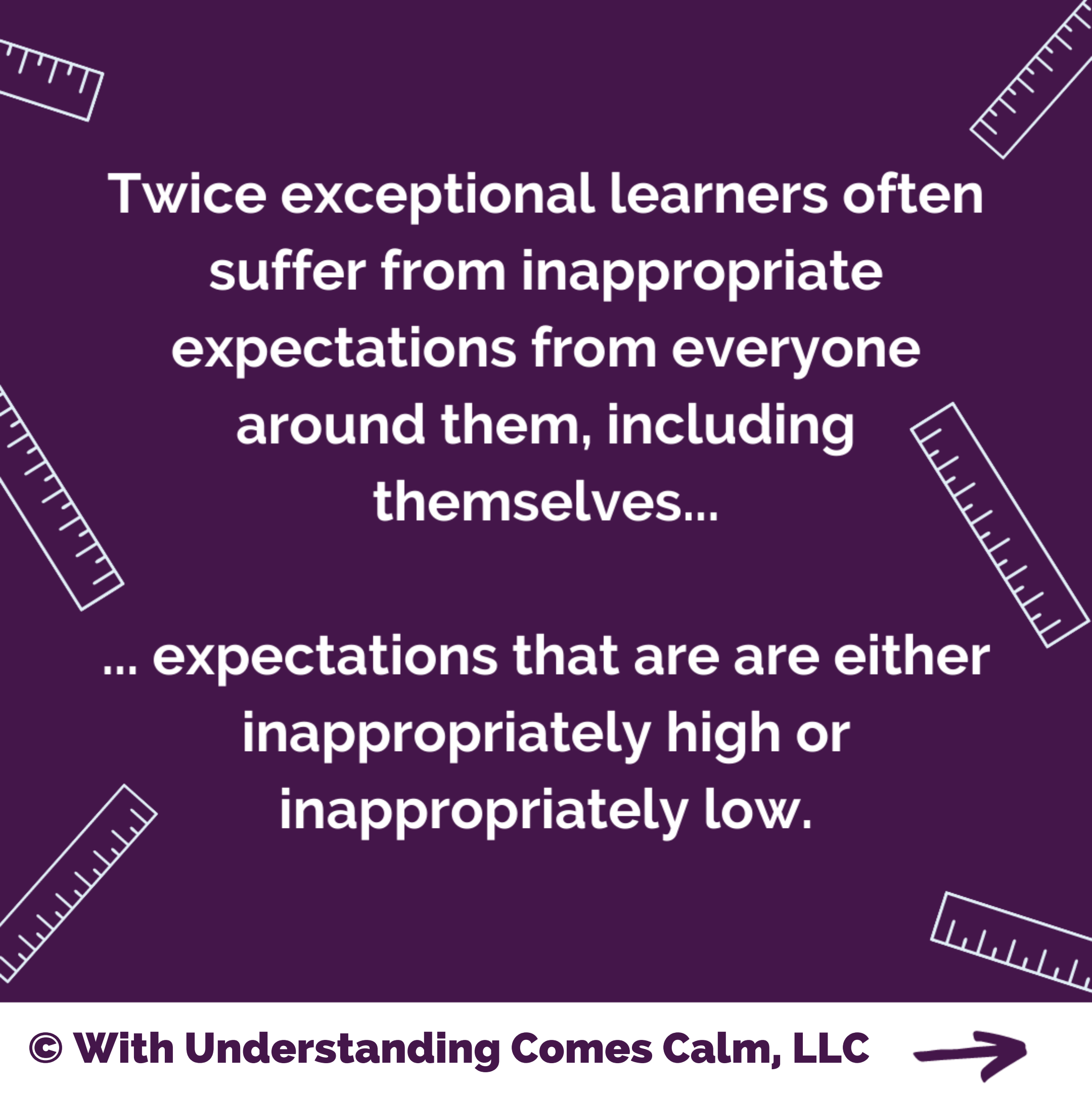
Athleticism

Overexcitabilities

Charisma

Existential
Considerations





**Twice exceptional learners often
suffer from inappropriate
expectations from everyone
around them, including
themselves...**

**... expectations that are either
inappropriately high or
inappropriately low.**





The best way to succeed in supporting a 2e person's needs is to focus on and tend to their passions and strengths.

Waiting to address passions before deficiencies are 'fixed,' is a toxic approach that leaves the 2e person feeling incapable of success.

Focusing on strengths increases the 2e person's resilience so they can address their struggles.

