Couples Accommodations Worksheet

Giving Each Other Permission to Be Neurodiverse in Love

Accommodations are not about lowering expectations or “fixing” your partner. They’re about making space for each other’s brains, bodies, and hearts to thrive in love. Use this worksheet together to explore your needs and create agreements that support your relationship.

Step 1: Identify Your Top 3 Needs

Partner A – My Top 3 Needs:

1. _____

2. _____

3. _____

Partner B – My Top 3 Needs:

1. _____

2. _____

3. _____

Step 2: Share & Explore

Take turns reading your needs aloud. Listen without interrupting.

- What does this need mean to me?

- When do I notice it most?

- What happens if this need isn’t met?

Step 3: Brainstorm Accommodations

Need	Possible Accommodation	Who Supports?	Notes
Example: Sensory Overload	Quiet time after work before talking	Partner B	20 minutes of silence, no guilt

Step 4: Agree & Experiment

Circle 1–2 accommodations you're both willing to try. Remember: this is an experiment, not a permanent rule.

Step 5: Review & Adjust

Set a date to check in (weekly, monthly). Ask each other:

- What worked well?
- What felt hard?
- Do we need to adjust anything?

Reflection Questions

- What surprised me about my partner's needs?
- How did it feel to be listened to without judgment?
- What small shift could make the biggest difference in our relationship right now?

Accommodations are love in action. By using this worksheet, you're giving each other permission to be fully yourselves—permission to be neurodiverse in love.