

# Share Your Threads

*A neur0loom series by The Quirk Café*

## What this is

Share Your Threads is a conversation series about lived experience, reflection, and meaning. It's not an interview meant to extract answers — it's a shared space for honest, human conversation.

## What to expect

- Conversations are slow, respectful, and non-performative
- Questions are shared **ahead of time**
- You may answer, pass, or reflect quietly
- You are never asked to disclose anything you don't want to

## The neur0loop format

- Each episode has a Host, Co-Host, and Guest
- The guest becomes the next episode's co-host
- As co-host, you may revisit or expand on questions you were asked
- The loop completes at the end of the season

## Types of questions

- How you experience daily life
- What people misunderstand about you
- Moments that feel representative of how your mind works
- Reflections on work, relationships, or identity

No “gotcha” questions. No surprise topics.

## Boundaries & care

- You don't owe trauma, diagnosis details, or personal history
- You can pause, skip, or redirect at any time
- This is a space for reflection, not fixing or explaining

## End-of-season reflections

- Anonymous listener reflections may be shared at the end of the season
- These are not tied to guests unless you explicitly choose to participate

If you have questions or want to adjust pacing, tone, or topics, that conversation always comes first.