

Share Your Threads

A *neur0loom* series by *The Quirk Café*

Tell honest, real experiences and deep stories.

Grab a coffee, pull up a chair, and see where our threads lead.



The Concept

Share Your Threads is a conversation-based podcast built around the idea of *threads* — the patterns, stories, and lived experiences that shape how we move through the world.

The show is not about fixing, diagnosing, or performing insight.

It's about:

- telling honest, real experiences
- noticing how stories repeat, shift, or deepen over time
- exploring what connects us beneath labels, timelines, and expectations

This is a slow, reflective space.

You don't need to have answers to belong here.



The *neur0loop* (How the Show Works)

Each episode includes:

- **A Host**
- **A Co-Host**
- **A Guest**

The structure forms a loop:

- The **guest of one episode becomes the co-host of the next**.
- As co-host, they help shape a few questions for the next guest.
- These are often questions they:
 - wish they had been asked
 - didn't fully answer

- or want to revisit with new understanding
- All questions are **shared ahead of time**. Nothing is a surprise.
- The guest may:
 - answer
 - pass
 - or simply listen
- The co-host may also respond to their own question.
- The host may as well.

At the end of the season, the **original co-host returns as the final guest**, completing the loop.

Example Season Flow

- Host: David
- Episode 1: Co-Host Z, Guest A
- Episode 2: Co-Host A, Guest B
- Episode 3: Co-Host B, Guest C
- ...
- Final Episode: Co-Host Y, Guest Z

The thread is passed forward each episode.

Why This Format

This structure is intentional.

Many neurodivergent people:

- revisit ideas multiple times
- process meaning in layers
- understand things differently with time and context

The loop reflects that reality.

This is not about being “stuck.”

It’s about **meaning forming over time**.



What the Conversations Are Like

Conversations are:

- unhurried
- non-performative
- grounded in lived experience

We avoid:

- debate formats
- gotcha questions
- forced vulnerability
- diagnostic framing

This is a space for **reflection, not explanation.**

? Types of Questions You Might Be Asked

Questions are gentle, open-ended, and shared in advance.

Arrival & Grounding

- “How do you usually introduce yourself when you don’t feel like performing?”
- “What brought you here today?”
- “Is there anything you hope people *don’t* assume about you?”

Lived Experience

- “What parts of daily life take more energy than people realize?”
- “Do you feel like you follow a different internal rulebook?”
- “What’s a small moment that really reflects how your brain works?”

Work, Life, and Expectations

- “What has your relationship with work or school looked like?”
- “Are you where you thought you’d be at this point in life?”
- “What kinds of support have actually helped you?”

Connection & Meaning

- “What does safety feel like in relationships for you?”

- “What do people misunderstand about you most?”
- “What are you still figuring out?”

You can always:

- answer in your own way
- skip a question
- ask to reframe it



Re-Answering Questions as Co-Host

As a co-host, you may:

- revisit a question you were asked previously
- add clarity or nuance you didn't have at the time
- reflect on how your answer has changed

This is encouraged.

Growth, revision, and unfinished thoughts are welcome here.



Anonymous End-of-Season Reflections

At the end of each season, we include a short segment of **anonymous listener reflections**.

These are not live call-ins and not tied to any individual.

What These Are

- short, anonymized reflections
- mixed and read without attribution
- not responded to as advice
- shared to create recognition, not resolution

Example Prompts

- “Something about my life I wish people understood is...”
- “A part of myself I’m still figuring out is...”
- “When I’m overwhelmed, what actually helps is...”
- “I wonder if other people feel...”

Participation is optional.

How Anonymity Is Protected

To protect contributors:

- Submissions are collected without names or emails.
- Responses are structured using sentence prompts.
- Before sharing, responses may be lightly rewritten using an AI tool to:
 - normalize grammar and length
 - remove identifying details
 - preserve meaning
- Original raw submissions are deleted after processing.
- Only the anonymized versions are kept in a shared file.

No one is singled out.

No writing style is identifiable.

Care, Consent, and Boundaries

You never owe:

- trauma details
- your darkest moments
- answers to every question

You may share:

- as much or as little as you like
- only what feels safe and right *now*

This podcast values:

- consent over content
- care over spectacle
- sustainability over intensity



Closing Thought

Share Your Threads is a place to sit with stories, not sort them.

You don't have to be finished.

You don't have to be certain.

You don't have to be impressive.

You just have to show up — in whatever way feels honest to you.