

NeuroTypical NT Emotion Expression 	NeuroDiverse ND Emotion Expression 	How NeuroDiverse Expression May Be Misinterpreted 
Emotional expression varies among individuals, and the following are broad generalisations, not rules.		
HAPPINESS NT: Broad smile, eyes crinkle, eyebrows lift, chin relaxed, jaw loose. Shoulders open, hands gesture energetically, feet bounce or shift. Warm, upbeat tone, varied pitch, enthusiastic words.	HAPPINESS ND: Small or subtle smile, eyes may not crinkle, neutral eyebrows, and a tense chin/jaw. Shoulders neutral, hands fidget or repetitive movements, feet tap or still. Flat or monotone tone, direct words.	HAPPINESS May be mistaken for disinterest, boredom, or indifference due to subtle or flat affect.
SADNESS NT: Downturned lips, eyes water/look down, eyebrows slant upward, chin trembles, jaw slack. Shoulders slump, hands hang loosely, feet drag/shuffle. Soft, low tone of voice, slower speech, emotional words.	SADNESS ND: Neutral lips, eyes avoid contact, little eyebrow change, firm chin/jaw. Shoulders upright, hands fidget/self-soothe, feet rock or planted. Tone steady, words factual, not emotional.	SADNESS May be mistaken for calmness, detachment, or lack of empathy.
ANGER NT: Tight lips, narrowed eyes, furrowed brows, chin forward, jaw clenched. Shoulders tense, hands clench fists, feet stomp/shift. Loud, sharp tone, fast pace, heated words.	ANGER ND: Neutral or pressed lips, eyes avoid contact, minimal eyebrow movement, subtle jaw tension. Shoulders stiff, hands flap or fidget or self-stir, feet rock or tap. Flat or sudden escalation in tone of voice, blunt words.	ANGER May be mistaken for rudeness, aggression, or hostility when actually self-regulating.
FEAR NT: Parted lips, wide eyes, raised eyebrows, chin pulls back, jaw drops. Shoulders hunch, hands cover face/chest, feet freeze/step back. High-pitched, shaky tone of voice, fragmented speech, worried words.	FEAR ND: Closed lips, darting/avoiding eyes, neutral eyebrows, tight jaw. Shoulders stiff, hands flap/wring/fidget, feet rock/shift. Monotone or sudden rise in voice, literal/minimal words.	FEAR May be mistaken for disinterest, defiance, or lack of concern.
EXCITEMENT NT: Wide grin, sparkling eyes, lifted eyebrows, raised chin, relaxed jaw. Shoulders open, hands wave or clap, feet bounce or move quickly. Fast, animated voice tone or varied voice pitch, enthusiastic words	EXCITEMENT ND: Subtle or absent smile, neutral eyes, neutral eyebrows, tight jaw. Shoulders neutral, hands flap or fidget or clap repetitively, feet rock or bounce repetitively. Monotone or unusually loud, direct or repetitive words	EXCITEMENT May be mistaken for agitation, frustration, or nervousness instead of joy.
ND men often show blunt or rigid behaviour, avoid eye contact or visibly stim. ND women frequently engage in "masking" or camouflaging behaviours, mimicking neurotypical expressions to fit in socially.		