

## How to Help – Dyslexia

These notes are taken from the course notes for 'Understanding How to Help'. Click for further details of the [Understanding Yourself](#) courses.

The following would be a typical description of dyslexia: It is described as a specific learning difficulty which means it causes problems with certain abilities used for learning, such as reading and writing. It has nothing to do with intelligence.

A person with dyslexia may:

- read and write very slowly
- confuse the order of letters in words
- put letters the wrong way round (such as writing "b" instead of "d")
- have poor or inconsistent spelling
- understand information when told verbally, but have difficulty with information that's written down
- find it hard to carry out a sequence of directions
- struggle with planning and organisation

But people with dyslexia often have good skills in other areas, such as creative thinking and problem- solving.

### How to respond to dyslexia

Again, my contribution here is to share my observations from working with people for many years. One of the characteristics that I have noted for someone who is described as dyslexic is that emotional overload and/or disconnect was present in one form or another. He needs his introvert to be functioning properly in order to fully use his communication skills. The more comfortable he is in his own skin, the more his skill levels will improve. When a person is truly at peace with himself, this helps internal connections and memory skills. Helping him to understand his temperaments and the interaction between them will lead to him being able to take positive steps to help himself. For example, are we looking at a 'switched-off' Phlegmatic or a troubled Melancholic? Put into practice what you have learnt in helping a Phlegmatic to connect and a Melancholic to process their emotions.

Consider the role of the extrovert. Does it get in the way of using the introvert properly? How well does he use his extrovert to focus on the task in hand and to avail himself of the technology that could help him to raise his skill standards? He will find it more beneficial in the long term if the emphasis is put on understanding himself, talking things out and working at the areas he struggles in rather than simply accepting that he is stuck with a condition called dyslexia.