



Workbook

MY DIAGNOSIS JOURNEY

Lite Edition

*Part of the
Burrow & Bloom Learning Kits*





Disclaimer

The information shared in this resource is based on my personal lived experience, independent learning, and passion for neurodiversity education. I am not a licensed mental health professional, psychologist, or medical provider, and this resource is intended for educational and self-reflection purposes only.

This is not a substitute for professional mental health care, medical advice, diagnosis, or treatment. If you are experiencing emotional distress, have concerns about your mental health, or would like personalized support, please seek guidance from a qualified healthcare or mental health professional.



A gentle space to begin exploring your experiences

Receiving or exploring a late autism, ADHD, or AuDHD diagnosis can bring a mix of emotions. You may feel relieved, validated, confused, excited, overwhelmed—or several of these at once. Every journey is different, and there is no "right" way to experience it.





Looking Back with a New Perspective

Sometimes learning about neurodiversity helps us view our past through a new lens.

Reflection Prompts

Is there an experience from childhood or adolescence that makes more sense to you now?

What is one thing you wish your younger self had known?

Where Am I Today?

Think about where you are in your journey right now.

Right now, I feel

- ☐ Relieved
- ☐ Curious
- ☐ Hopeful
- ☐ Confused
- ☐ Grateful
- ☐ Overwhelmed
- ☐ Unsure
- ☐ Other: _____

Reflection

What has been the most meaningful thing you've learned about yourself so far?

Looking Ahead

Learning about yourself is an ongoing journey.

Complete the sentences below:

One way I can show myself compassion this week is

One thing I'd like to learn more about is

One reminder I want to carry with me is

Want To Learn More?

The complete **Understanding Late Diagnosis** Learning Kit includes:

- The full Educational Presentation for Understanding Late Diagnosis
- The full Reflection Workbook for Understanding Late Diagnosis
- Activity Pack for Understanding Late Diagnosis
- Companion Resource for Understanding Late Diagnosis

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*Available through The Burrow & Bloom
Learning Kits on Payhip*

Gerçekleşmesini istediği şeye dair beklenti duyan. Umutlu. Dilimize Farsçadan geçmiştir. Ümit kelimesiyle, sahiplik manası veren -vâr kelimesinden oluşmuştur.

