

Workbook

MY DIAGNOSIS JOURNEY



&





Table of contents

- 01 Before My Diagnosis
- 02 Discovering Neurodivergence
- 03 My Diagnosis Experience
- 04 Looking Back Through a New Lens
- 05 Grief and Relief
- 06 Unlearning Old Beliefs
- 07 What I Need Now
- 08 Growing Forward
- 09 A Gentle Reminder





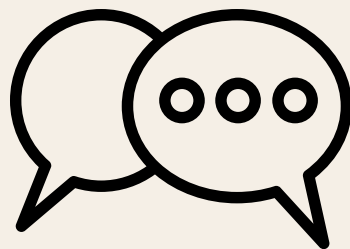
01

Before My Diagnosis

Think back to before you knew you were neurodivergent. How did you explain your struggles to yourself?

What messages did you receive from others?
(Check all that apply)

- Lazy
- Too sensitive
- Too emotional
- Dramatic
- Unmotivated
- Shy
- Quiet
- Weird
- Disorganized
- Difficult
- Other:



How did those messages affect how you saw yourself?

02

Discovering Neurodivergence

What first made you wonder if you might be Autistic, ADHD, or AuDHD?

What information or experiences helped things click into place?

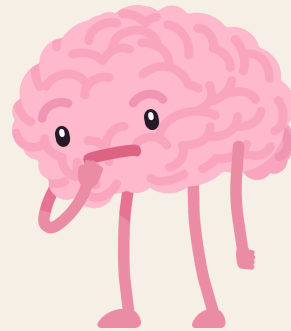
Was there a specific moment when things suddenly made sense?

03

My Diagnosis Experience

When I learned I was neurodivergent, I felt:
(Check as many as apply)

- Relieved
- Validated
- Excited
- Curious
- Confused
- Angry
- Sad
- Grateful
- Overwhelmed
- Numb
- Hopeful
- Other:

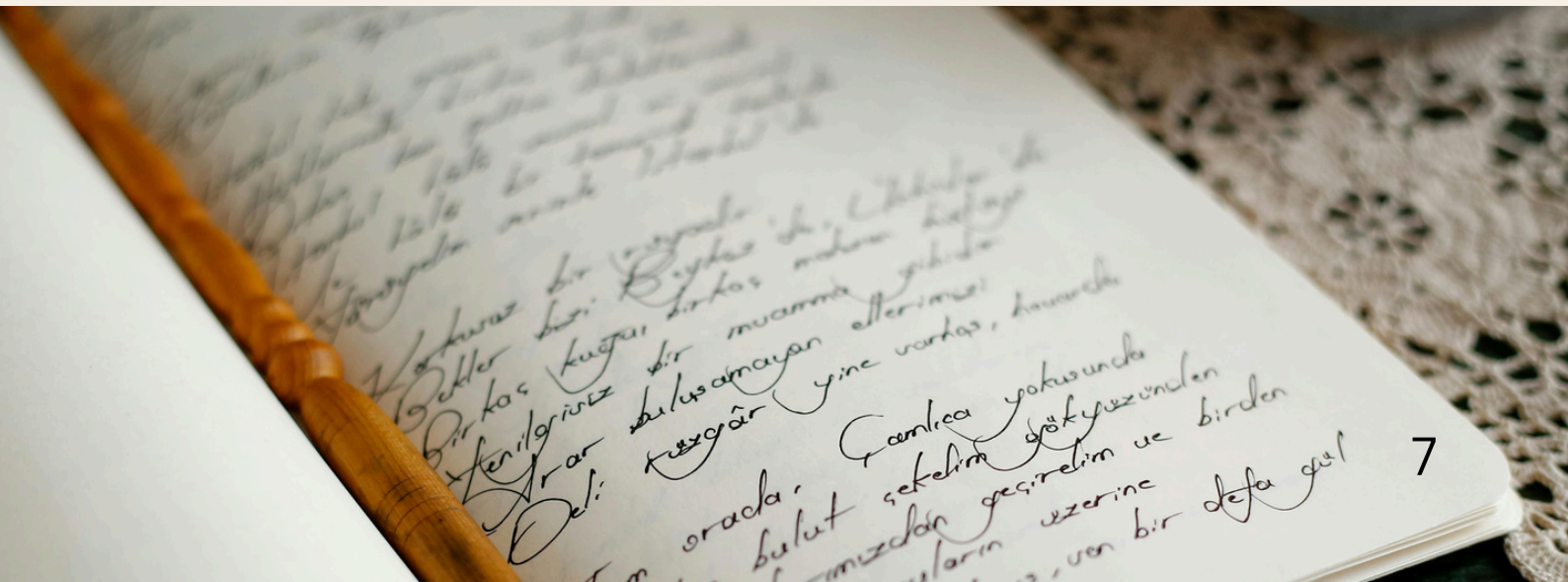


03

My Diagnosis Experience

What was the strongest emotion for me?

Why do I think that emotion was so strong?





04 Looking Back Through a New Lens

What childhood experiences make more sense now?

What school experiences make more sense now?

What adult experiences make more sense now?



05

Grief and Relief

Things I feel relieved about:

Things I grieve or wish had been different:



06 Unlearning Old Beliefs

I used to think I was...

 _____

Now I understand...

 _____

I used to blame myself for...

 _____

Now I understand...

 _____

I used to believe...

 _____

Now I understand...

 _____





07 What I Need Now

What supports would help me most right now?

- More rest
- Community
- Accommodations
- Therapy
- Education
- Boundaries
- Self-compassion
- Routine support
- Sensory supports
- Other:

One small thing I can do to support myself this week:



08 Growing Forward

What strengths do I see in myself now?

What is something I appreciate about the way my brain works?

What do I hope to learn about myself in the future?
