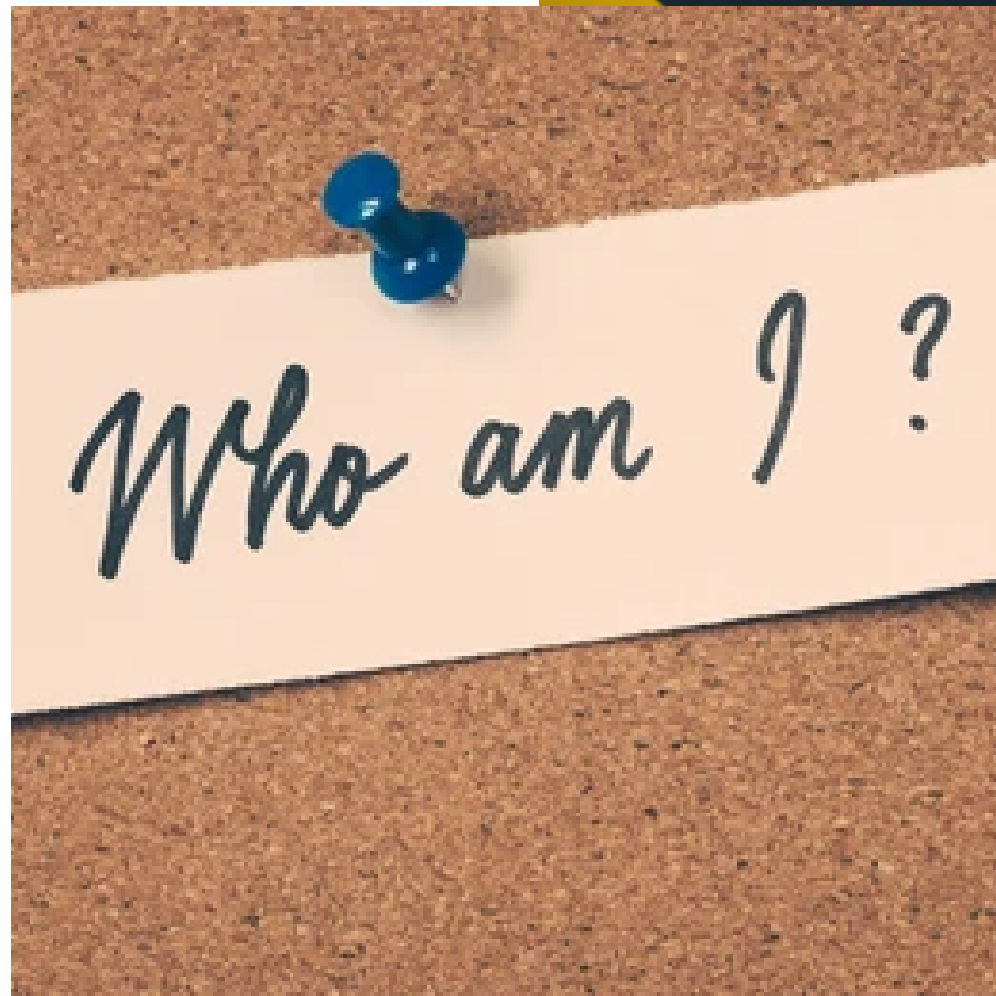


Understanding Your Neurodivergent Identity

Lite Edition

*A gentle introduction to
understanding yourself*

*Part of the
Burrow & Bloom Learning Kits*

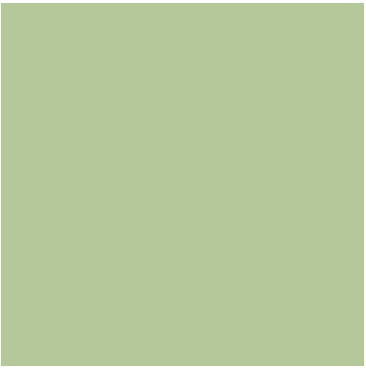


Disclaimer

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.





Understanding Your Neurodivergent Identity

Your neurodivergent identity is more than a diagnosis or a collection of traits. It can be part of understanding how your brain works, how you experience the world, and what you need to feel supported and able to be yourself.

Whether you are newly diagnosed, self-identifying, questioning, or simply learning more about yourself, there is no single way to experience neurodivergence.

Your identity is yours to explore at your own pace.



What Does Neurodivergent Identity Mean?

Neurodivergent identity can include the ways your neurological differences shape your:

- *Communication*
- *Sensory experiences*
- *Emotions*
- *Attention and interests*
- *Executive functioning*
- *Relationships*
- *Learning and problem-solving*
- *Daily needs and routines*

Understanding these differences can help you replace self-blame with greater self-awareness and compassion.

Beyond Challenges

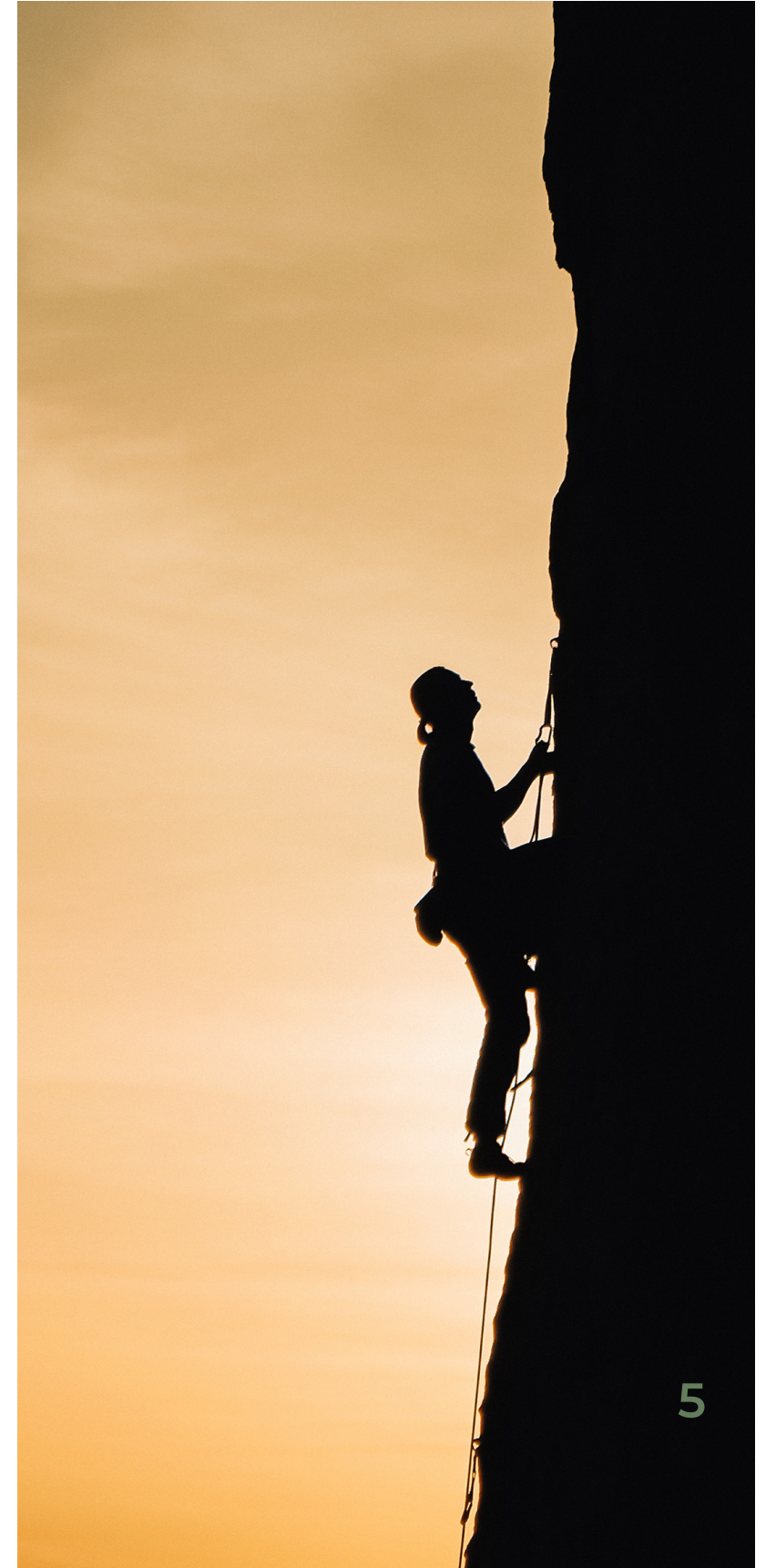
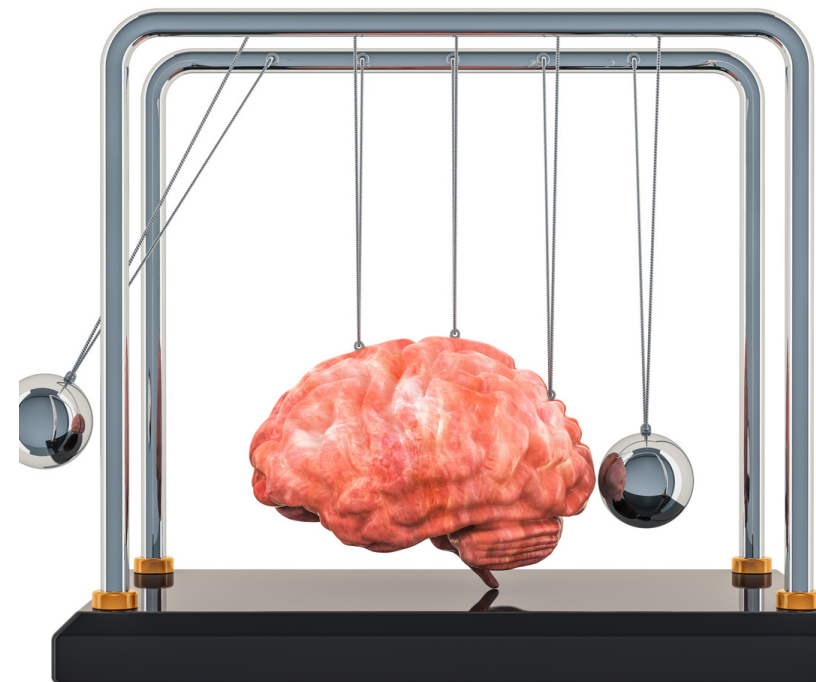
Neurodivergence is often discussed in terms of difficulties, but your identity can also include qualities and experiences you value.

Strengths can include:

- *Creativity*
- *Deep curiosity*
- *Pattern recognition*
- *Passion and enthusiasm*
- *Problem-solving*
- *Attention to detail*
- *Strong sense of justice*
- *Unique ways of thinking*

Not every strength applies to every neurodivergent person—and having challenges doesn't make your identity any less valid.

You are more than your struggles.



For many neurodivergent people, understanding identity also means recognizing the difference between masking and authenticity.

You may have learned to hide certain needs, behaviors, interests, or emotions in order to fit expectations.



- *What do I do because it feels natural to me?*
- *What do I do because I learned it was expected of me?*
- *Where do I feel safest being myself?*

You don't have to unmask everything, everywhere, all at once. Authenticity can begin with small changes in spaces where you feel safe.

Who Am I Without the Mask?

Want to Learn More?

The complete **Understanding Your Neurodivergent Identity** Learning Kit includes:

- The full Educational Presentation
- The full Reflection Workbook
- Activity Pack
- Companion Resource

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

