



Workbook

MY NEURODIVERGENT IDENTITY

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 Introduction to Self-Discovery

Whether you're newly diagnosed, questioning, or simply learning more about yourself, this workbook offers a few gentle opportunities to pause and reflect. There are no right or wrong answers—only your unique experiences.





Where Am I Right Now?

Take a moment to check in with yourself.

Right now, I feel...

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

Reflection

Looking Back

Sometimes understanding ourselves means looking at our past with new perspective.

Reflection Prompts

Is there an experience from childhood that makes more sense to me now?

Have there been times when I felt "different" but couldn't explain why?

What strengths have I always had that I may have overlooked?

My Strengths

Neurodivergence includes challenges, but it can also include strengths.

I appreciate these qualities about myself:

- ☐ Creative thinking
- ☐ Curiosity
- ☐ Problem-solving
- ☐ Empathy
- ☐ Honesty
- ☐ Attention to detail
- ☐ Passion for my interests
- ☐ Persistence
- ☐ Other: _____

Reflection

One strength I'd like to celebrate more is:

One Small Step Forward

This week I want to:

- ☐ Learn something new about neurodiversity.
- ☐ Practice self-compassion.
- ☐ Rest without guilt.
- ☐ Notice what helps me feel regulated.
- ☐ Share my experiences with someone I trust.
- ☐ Give myself permission to be authentic.

My intention for this week:

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

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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.

