

NEURODIVERGENT IDENTITY WORKBOOK



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OTs for Neurodiversity



OTs for Neurodiversity



@neurodiversity_ot

MY IDENTITY (WHO AM I?)

Name _____

2-3 words or images that describe me best:



My race and/or ethnicity

My culture / heritage

My sexuality (*who I am attracted to*)



My pronouns

(*ex. he/him, she/her, they/them*)

How I refer to my disability

(*see person first versus identity first language*)

How I describe disability to others (*if I choose to self-disclose*)



My strengths *(things I like about myself, or things I am good at)*



My spirituality *(what I feel connected to)*

My values *(what's important to me)*



Things that bring me joy  *(add images if you want!)*

Things that bring me comfort  *(add images if you want!)*

Things I really don't like  *(add images if you want!)*



Use images or words to describe...



My special interests /
enthusiasms

Blank area for describing special interests / enthusiasms.



My favorite sensory
experiences / tools

Blank area for describing favorite sensory experiences / tools.



My community

*(where, or with
whom, I belong)*

Blank area for describing community.



How I define a good life

Blank area for defining a good life.

SELF ACTUALIZATION (WHO AM I BECOMING?)

Use images or words...

Based on the identity work above...



What am I proud of about who I am?

These are the seeds I have planted...



In what way(s) do I still want to grow?



How can I nurture (or care for) my identity to keep growing?

Use images or words to describe...

My true self 

How others see me 

Do they match up?



(is your true self the same as how others see you?)

Yes

Sometimes

No

If you checked "no" or sometimes"...

When, where, or with whom do you feel **safe** to be your true self?



When, where, or with whom do you feel **unsafe** to be your true self?



In what ways have you tried blend in with others or hide your differences? (this is called masking...)



If you want to be your true self **more**, what supports or strategies would help you feel more safe? things you or others can do)

