

NEURODIVERGENT IDENTITY WORKBOOK



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@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)



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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



My favorite sensory
experiences / tools



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



How I define a good life



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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...

A large, empty rectangular box with a light gray background, intended for writing or drawing.

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

A large, empty rectangular box with a light gray background, intended for writing or drawing.

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

A large, empty rectangular box with a light gray background, intended for writing or drawing.

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)

