

# Neurodivergent Identity Affirmation Journal

*A structured space to explore, reclaim, and celebrate your neurodivergent identity — not as something to overcome, but as a core part of who you are.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

***Purpose:** Many neurodivergent individuals have internalised shame and negative messages about their brains. This journal is a structured space to explore, reclaim, and celebrate neurodivergent identity — not as something to overcome, but as a core part of who you are.*

## DISCOVERING MY NEURODIVERGENCE

**What I knew about myself before I had language for it:**

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**How I felt when I first learned I was neurodivergent:**

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**What the diagnosis or self-identification changed for me:**

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## WHAT I LOVE ABOUT MY BRAIN

**Strengths or abilities I have because of my neurodivergence:**

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**Moments when my brain has been an asset or brought me joy:**

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**Things I appreciate that my brain notices, creates, or experiences:**

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## WHAT I AM STILL PROCESSING

Aspects of being neurodivergent that I am still grieving or working through:

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Negative messages I received that I am working to unlearn:

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What I wish had been different in my upbringing or education:

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## MY NEURODIVERGENT IDENTITY TODAY

How I describe my neurodivergence to myself now:

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An affirmation I am building toward believing:

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What I want others to understand about my experience:

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