

Late Diagnosis Grief Processing Worksheet

A compassionate space to process the relief, grief, anger, and re-evaluation that comes with a late neurodivergent diagnosis.

Name: _____ Date: _____ Clinician: _____

For late-diagnosed individuals: Receiving an autism, ADHD, or other neurodivergent diagnosis in adulthood often brings a complex mix of relief, grief, anger, and re-evaluation. All of these responses are valid. This worksheet provides space to process the many layers of a late diagnosis.

WHAT THE DIAGNOSIS EXPLAINED

Things that finally make sense now that I have this diagnosis:

Struggles I now understand differently:

A version of myself I feel compassion for now:

THE GRIEF

What I am grieving about not knowing sooner:

Experiences, relationships, or opportunities affected by undiagnosed struggles:

Anger I feel, and who or what it is directed at:

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THE RELIEF

The relief of having a name for my experience:

Ways the diagnosis has already helped me:

What I can let go of now that I understand myself better:

MOVING FORWARD

Who I want to share this diagnosis with, and how:

Support or accommodations I can now advocate for:

What I most want for my future, knowing what I know now:
