

# NEURODIVERGENT IDENTITY WORKBOOK



By Greg Boheler, MSOT and  
Jacklyn Googins, MSOT

## TABLE OF CONTENTS

Page 1-3      *My Identity (Who am I?)*



Page 4-5      *Self Actualization (Who am I becoming?)*



*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)

\_\_\_\_\_



OTs for Neurodiversity


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



*OTs for Neurodiversity*

# 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 the user to write their response to the question about what they are proud of.

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

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question about how they want to grow.

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

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question about how they can nurture their identity.

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)





Except where otherwise noted, this work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](http://creativecommons.org/licenses/by-nc-sa/4.0/)

To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA

Spectrum Innovates  
Spectrum Innovates Program  
Spectrum Innovates Pathway Program  
Spectrum Innovates Pathway Program at Vaughn College

© Eleanore Bednarsh 2015-2022