It all *makes sense now.*

Finding out you're neurodivergent later in life can shift how you see your whole story. Whatever you're feeling about it, you're in good company.

Many people only recognize they're autistic, ADHD or otherwise neurodivergent as teens or adults — often after years of quietly feeling out of step, working twice as hard to keep up, or being told they were "a lot." Plenty of people were simply missed, especially if they learned early to mask. **However you got here, your path counts.**

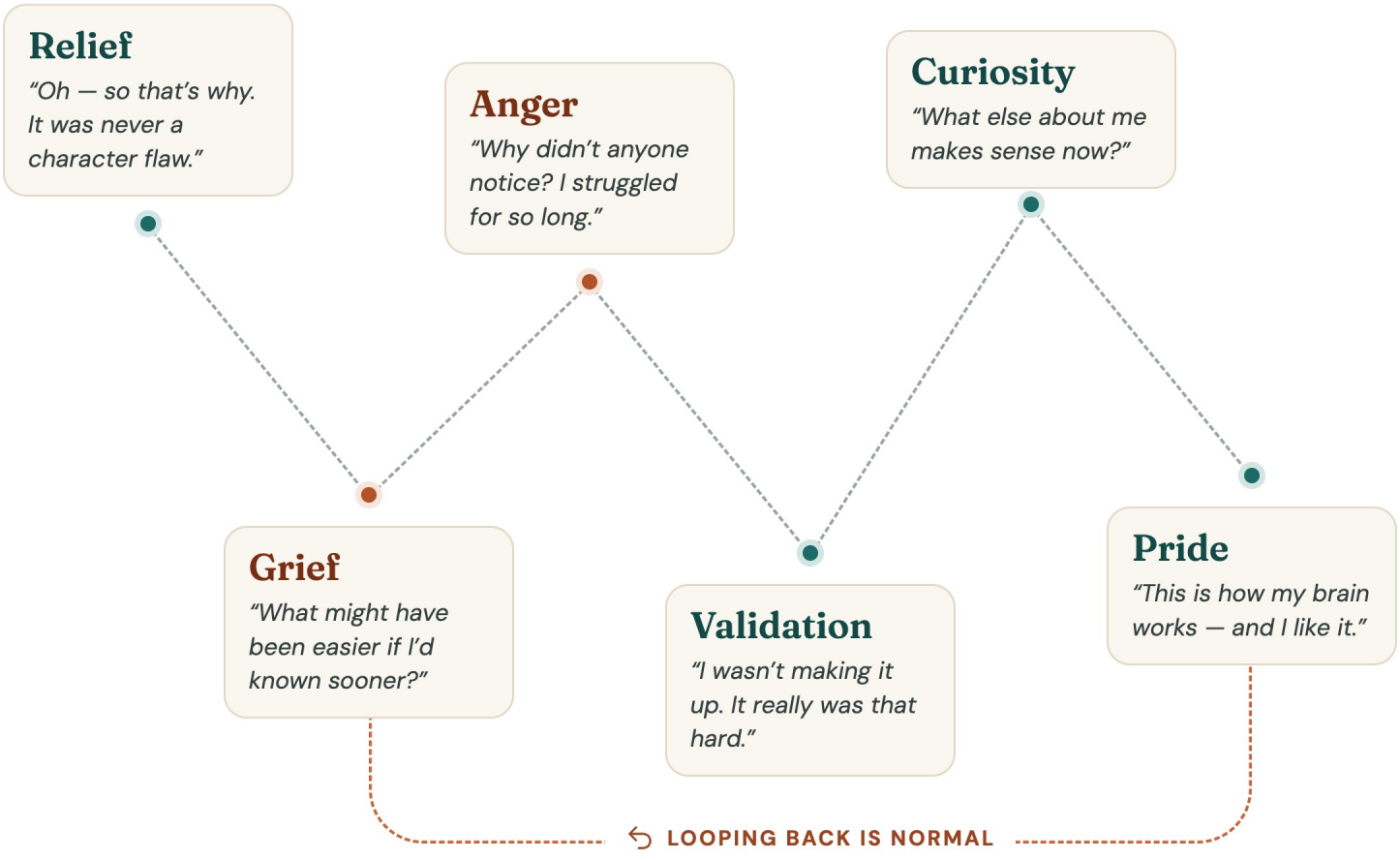
EVERY PATH IN IS VALID

- A formal assessment
- Self-identification
- Seeing yourself in a child or relative
- Still wondering

WHAT IT CAN FEEL LIKE

Feelings are not a straight line

There's no right order and no finish line. You might feel several of these in one afternoon.



REWRITING OLD STORIES

Same traits, truer words

WHAT I WAS TOLD	WHAT I KNOW NOW
"You're too sensitive."	My nervous system takes in more — sound, light, feelings.
"You're lazy. You just need to try harder."	Starting and switching tasks takes real energy for my brain. I was trying hard.
"You're weird. Why can't you just act normal?"	I connect and communicate differently. There are people who get me.
"You're obsessed. Find a new topic."	Deep interests bring me joy, focus and expertise.
"You're overreacting."	I was overloaded. My reaction made sense for what I was carrying.

YOUR TURN

Journaling prompts

Pick one, or none. Write, draw, voice-note — whatever works for you.

1 **A memory that makes more sense to me now is…**

2 **Something I did to cope or fit in that I can now be gentler about is…**

3 **If I could tell my younger self one thing, it would be…**

4 **A trait I used to hide that I'd like to make more room for is…**

5 **One small change that would make my days feel more like mine is…**

Finding community

You don't have to do this alone. Try **ND-led peer groups**, **books and podcasts by ND people**, and **SOLA** — ask us what's coming up.