THRIVE EMERGE

For Parents and Teens:
Neurodivergent Identity Worksheet:
Exploring Strengths, Challenges, and Supports

Instructions for Parents & Teens:
Use the prompts below to brainstorm together. You can fill it out as a conversation, or your teen/young adult can complete it independently and share with you.

My Strengths & Superpowers
(What do I do well? What makes me proud of myself?)

My Interests & Passions
(What lights me up? What topics, hobbies, or activities do I love?)

My Challenges & Tough Spots
(What do I find especially hard? Where do I get stuck or overwhelmed?)

What Helps Me Thrive
(Environments, supports, routines, tools, people, strategies)

What Doesn't Work for Me
(Triggers, situations, or demands that make things worse)

Words That Describe Me
(Choose words you like -- e.g., creative, curious, determined, sensitive)

What I Want Others to Know About My Neurodivergence
(What would help teachers, employers, friends, or family understand me better?)

My Big Dreams & Hopes for the Future
(What do I imagine or wish for my life ahead?)

Reflection Questions for Parents

- What new insights did you gain from this conversation?
- How might your child's identity map guide decisions about post-secondary plans?
- How can you help build environments where your child's strengths can shine?