

What This Diagnosis Explains

Patterns or experiences that
make more sense now...

What I Feel About It

Relief, fear, grief, validation, hope,
confusion...

Understanding My Diagnosis

A diagnosis can bring relief, fear, grief, validation, hope, or all of those things at once. This worksheet is a space to explore your thoughts and feelings without judgement.

**What This Diagnosis Does NOT
Mean**

Things stigma tells me that I don't have
to believe... (Example: I'm broken)

What I Want To Learn

Skills, topics, or areas of growth I'd like to
explore... (example: communication,
boundaries, etc)

My Story Is Bigger Than Any Label

Things that make me who I am beyond a diagnosis...