



THE
TRANSITION
COACH

A REFLECTION WORKBOOK

The First 30 Days *After a Late Diagnosis*

Five contemplative themes to help you meet a late ADHD, autism or AuDHD diagnosis with self-compassion.

Helping women navigate change and thrive.

thetransitioncoach.co.uk



A space to make sense of this experience.

A late diagnosis, or the dawning realisation that leads to a late self-diagnosis, can bring relief and grief at the same time. There's always a lot to process. This workbook is designed to support you in these early days and help you reflect on what this means for you.

There are no right or wrong answers here and nothing to hand in. This workbook is for you, and you only. To get the most out of the prompts, try to be honest with yourself and explore your thoughts with curiosity and compassion. You do not need a formal diagnosis to begin; if you have good reason to think this might be you, that is enough.

Take it at your own pace. You might want to look at a theme a day, or work through it all in one sitting. Notice what it raises for you, and trust that clarity will arrive.

HOW TO USE THIS WORKBOOK

- Find somewhere you won't be interrupted. Write by hand if you can; it slows the mind to a reflective pace. Use the blank spaces however you wish, in words or perhaps sketches.
- If you're feeling overwhelmed or apprehensive about taking this time right now, set aside just a few minutes to look through the workbook as a first step; it can make it much easier to begin once you feel ready.
- Return to these pages whenever something is changing for you again.

If reflecting here brings up more than feels okay for you, please reach out to someone you trust, to your GP, or to a therapist experienced with late diagnosis.

01

MAKE SENSE · SEEING YOURSELF CLEARLY

GENTLE PROMPT

What does this diagnosis, or your growing understanding towards a self-diagnosis, help explain about *your life so far*?

WRITE · SKETCH · REFLECT

GOING DEEPER

What is one experience in your past that makes more sense now you have a new lens to view it through? How does it feel to notice that?

WRITE · SKETCH · REFLECT

02 GRIEVE · ACKNOWLEDGING THE IMPACT

GENTLE PROMPT

In which areas of your life do you feel you have been *working harder* than those around you, for the same result? How has this impacted you?

WRITE · SKETCH · REFLECT

GOING DEEPER

Allow yourself to reflect on any grief you might feel: perhaps for the support and understanding you haven't received, or the effect of the years of not knowing an explanation was there. How does it feel to stay here for a moment (without rushing to minimise your experience and move on)?

WRITE · SKETCH · REFLECT

03 REST · LETTING YOURSELF STOP

GENTLE PROMPT

Which activities or experiences *drain your energy*? Which restore it?

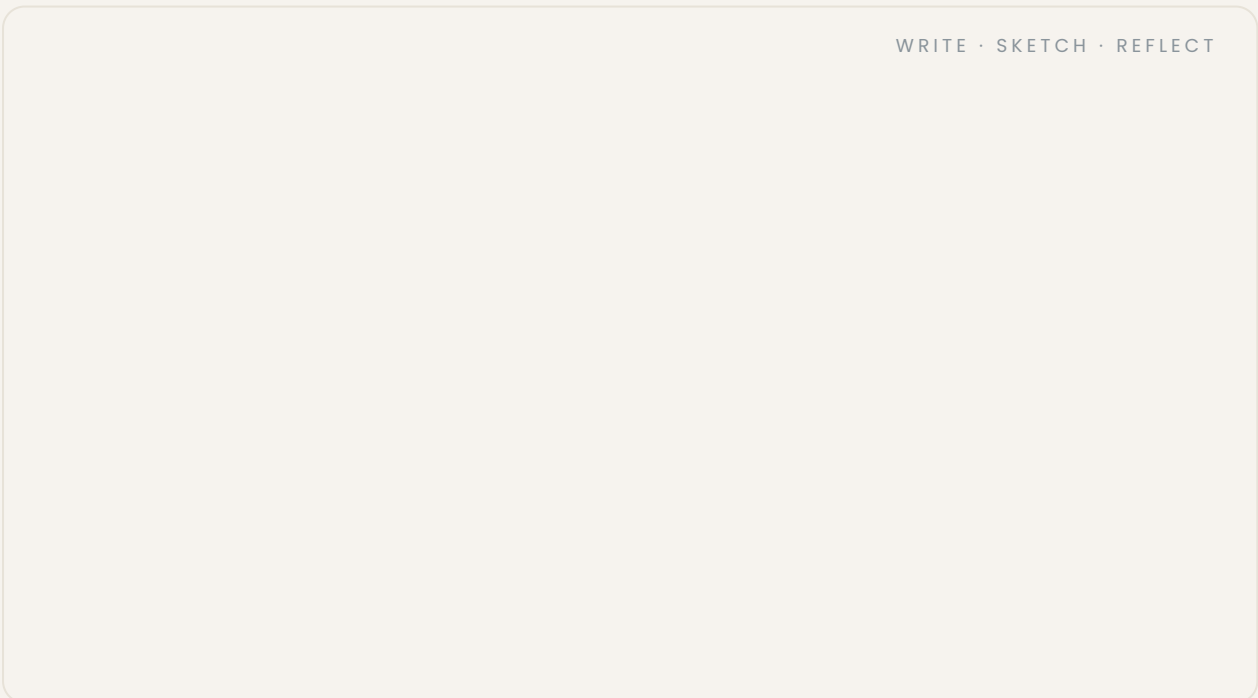
WRITE · SKETCH · REFLECT



GOING DEEPER

Think about this month. If you set aside any need to be “productive”, what would you let yourself stop doing, start doing, or do differently?

WRITE · SKETCH · REFLECT



04 UNMASK · BEING MORE YOURSELF

GENTLE PROMPT

Where, and with whom, do you feel safe being *more (or fully) yourself*?

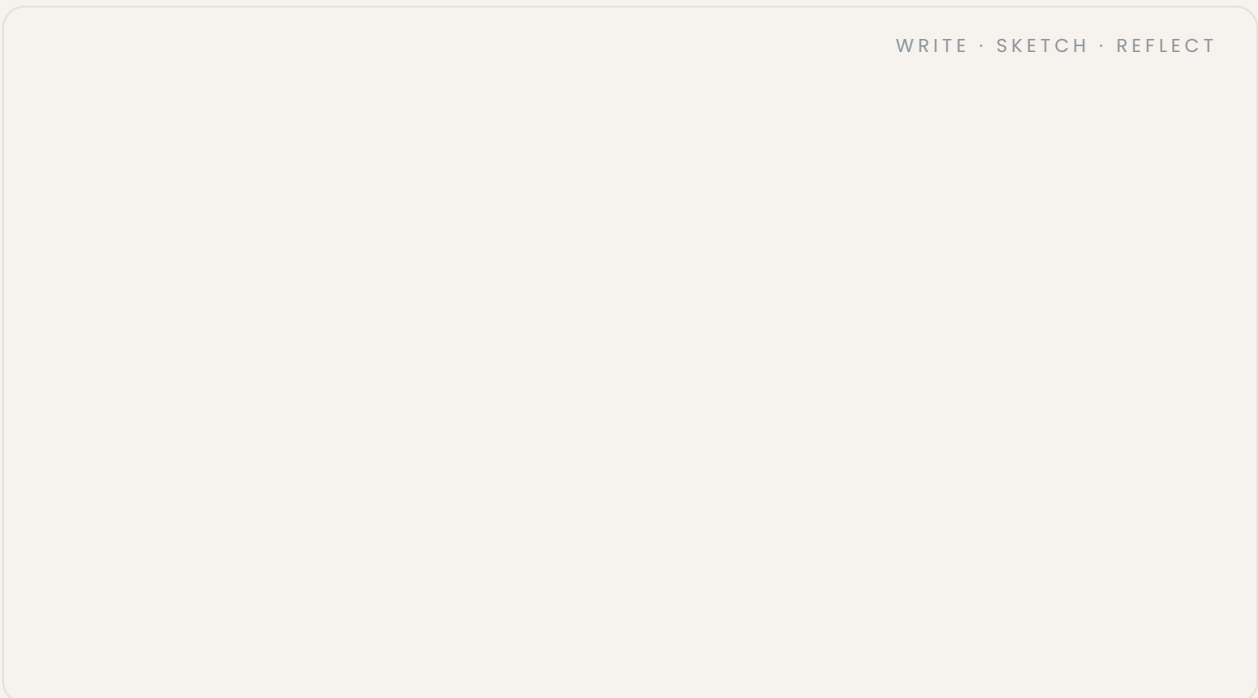
WRITE · SKETCH · REFLECT



GOING DEEPER

Think of a way that you mask. What does it cost you, and does it benefit you at all? What might it feel like to do it differently?

WRITE · SKETCH · REFLECT



05

BEGIN · ONE GENTLE STEP

GENTLE PROMPT

What would *working with your brain*, instead of against it, look like for you? What situation comes to mind first?

WRITE · SKETCH · REFLECT

GOING DEEPER

What small thing could you do this week that your future self would thank you for?

WRITE · SKETCH · REFLECT



In these first 30 days, give yourself permission to try...

- Trusting your own sense of your experience, whether you have a diagnosis or not.
- Acknowledging where you haven't received support and understanding in the past.
- Resting without earning it first.
- Protecting your energy without apologising for it.
- Saying, "that doesn't work for me" without a lengthy justification.
- Unmasking a little, if it feels safe to do so.
- Processing your feelings verbally, through talking with a safe person.
- Asking for the adjustments you need.
- Taking the pressure off - you don't have to do or change anything right now.
- Feeling proud of how far you've come without the knowledge you have now.

If something in this workbook has shifted your thinking, that's worth exploring.

The prompts in this workbook are similar to the questions we may work through in coaching, only with more space, time and support - as well as the accountability of an experienced coach and mentor alongside you as you start to take action towards the change you need.

Therapy-informed, neuroaffirming coaching with me offers a calm, focused space to make sense of a late ADHD, autism or AuDHD diagnosis: the identity, the grief, the unmasking, and the practical questions about work and life, at your pace. You do not need to arrive with answers, or even the right words.

Whenever you feel ready, I'd love to talk.

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THErapy-INFORMED COACHING FOR WOMEN AT A CROSSROADS

