



10 Journal Prompts for the Neurodivergent Undiagnosed Woman

*Clarity, compassion, and self-trust without clinical
permission*

You are not broken. You are not imagining it.

Maybe you've never received a diagnosis. Maybe you did — but it still doesn't quite explain the depth of what you experience.

These short journal prompts are for the woman who relates to neurodivergent traits but feels unseen or unreflected in clinical language. For the woman who's masked so long, she's unsure what her true baseline feels like. For the woman who's always been intuitive, emotionally intense, detail-sensitive, and quietly overwhelmed — but never “disordered enough” to be named.

These prompts are an invitation to gently peel back those layers.

To remember your own knowing.

To begin where you are, no permission required.

Awareness & Identity

Prompt 1:

Where in my life have I felt like I had to perform a version of myself to be accepted?

Prompt 2:

What labels have I claimed, rejected, or questioned — and why?

Prompt 3:

What do I know about myself that no test could ever measure?

Energy & Emotional Regulation

Prompt 4:

What drains me emotionally or energetically faster than others seem to notice?

Prompt 5:

What do I need to feel safe in social spaces, but rarely ask for?

Prompt 6:

When do I feel most myself — most unmasked?

Self Compassion & Clarity

Prompt 7:

If I fully believed my lived experience was valid without a diagnosis,
what would change?

Prompt 8:

What have I blamed myself for that might actually be a trait, not a
flaw?

Prompt 9:

What might I say to my inner child who always felt different, but
never understood why?

Prompt 10:

What is one kind thing I can do for myself today, knowing I don't need
to earn rest?

The Closing

You don't need a diagnosis to begin healing.

You are allowed to trust what you feel, what you've lived, and who you are — even in the ambiguity.

If these prompts supported you, I created a deeper tool to guide your next layer of clarity and self-discovery:

- The Unmasked Journal
 - Includes: 25+ prompts, thematic sections, and reflections made for those of us living in the in-between.

I love hearing what resonates!

Reply to any of my emails or connect with me on Instagram
@enjoyexpansion.

You're not too much. You're not alone.
You're wildly valid — even when the tests say no.