





CONNECTING TO NEW FLOURISH SKILLS

After completing this workbook you can practice:

 **Self-Awareness** Notice when stigmatizing messages arise without immediately fighting them

 **Self-Compassion**
Speak to yourself like you would a dear friend experiencing these same messages

 **Self-Advocacy**
Share one truth about your neurodivergent experience with someone safe

 **Self-Acommodation**
Adjust one expectation about yourself to match your actual needs

Self Care
Take breaks from environments that expect you to mask