



# The Neurodivergent Pattern Finder

**What if your struggles aren't random?  
What if they're patterns?**

Many women spend years wondering why life seems harder than it appears to be for everyone else.

Maybe you find everyday tasks overwhelming.

Maybe your mind never seems to switch off.

Maybe you feel everything deeply.

Maybe you've always felt a little different, but couldn't explain why.

You may have wondered whether it's ADHD, autism, trauma, anxiety, or something else entirely.

The truth is that these experiences often overlap.

This guide isn't designed to diagnose you.

It's designed to help you become curious about yourself.

As you work through these pages, notice what resonates. There are no right or wrong answers. Just patterns.

And patterns can tell us a lot.



# Which Patterns Sound Like You?

Place a tick beside any statements that feel familiar:

- ☐ I often feel overwhelmed by noise, light, crowds, or busy environments.
- ☐ I struggle to start tasks, even when I want to do them.
- ☐ I replay conversations in my head long after they've ended.
- ☐ I feel exhausted after spending time with people.
- ☐ I find it difficult to switch between tasks.
- ☐ I notice details that other people seem to miss.
- ☐ I feel emotions intensely.
- ☐ I often feel too sensitive.
- ☐ I become deeply interested in certain topics.
- ☐ I need more time to recover from stressful situations.
- ☐ I find uncertainty difficult.
- ☐ I often feel different from other people.
- ☐ I have spent years trying to "fix" myself.
- ☐ I feel like I am constantly masking or performing.
- ☐ I can be incredibly capable one day and completely overwhelmed the next.

Now pause for a moment.

What patterns stood out most strongly?

What surprised you?



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# When Patterns Overlap

| EXPERIENCE                       | ADHD      | AUTISM    | TRAUMA    |
|----------------------------------|-----------|-----------|-----------|
| Difficulty concentrating         | ✓         | Sometimes | Sometimes |
| Emotional overwhelm              | ✓         | ✓         | ✓         |
| Feeling different from others    | ✓         | ✓         | ✓         |
| Sensory sensitivity              | Sometimes | ✓         | ✓         |
| Exhaustion after socialising     | Sometimes | ✓         | ✓         |
| Hypervigilance                   | Sometimes | Sometimes | ✓         |
| Difficulty with change           | Sometimes | ✓         | ✓         |
| Executive functioning challenges | ✓         | Sometimes | Sometimes |
| Time blindness                   | ✓         |           |           |
| Masking who you are              | ✓         | ✓         | ✓         |
| Strong need for routine          | Sometimes | ✓         | Sometimes |
| Intense special interests        | Sometimes | ✓         |           |
| Rejection sensitivity            | ✓         | Sometimes | ✓         |
| Forgetfulness and losing things  | ✓         |           |           |
| Feeling constantly "on alert"    |           |           | ✓         |

| EXPERIENCE                                  | ADHD      | AUTISM | TRAUMA |
|---------------------------------------------|-----------|--------|--------|
| Shutdown or freeze responses                | Sometimes | ✓      | ✓      |
| Difficulty identifying needs                | Sometimes | ✓      | ✓      |
| Strong sense of justice                     | Sometimes | ✓      |        |
| Difficulty reading social rules intuitively |           | ✓      |        |
| Fawning (keeping others happy to stay safe) |           |        | ✓      |

Many people relate to more than one column.

ADHD, autism and trauma can co-exist, and many experiences overlap. This table is not designed to diagnose you. It's simply a reminder that human experiences rarely fit into neat boxes.

You may see yourself in one column.

You may see yourself in all three.

That's okay.



# The Hidden Strengths

When we view ourselves through the lens of what is "wrong," we often miss what is unique.

Many neurodivergent people develop incredible strengths.

You might recognise some of these in yourself:

- Deep empathy
- Creativity
- Pattern recognition
- Curiosity
- Strong intuition
- Persistence
- Problem-solving
- A strong sense of fairness
- The ability to think differently

You do not need to be productive all the time to have value.

You do not need to earn your worth.

Your strengths matter, even when they don't fit neatly into society's expectations.

Which strengths do you recognise in yourself?

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# A Different Question



For years, many of us have asked:

"What's wrong with me?"

What if there is a better question?

What happened to me?

What shaped me?

What strengths have I developed along the way?

Maybe your mind isn't broken.

Maybe it's been adapting all along.

Understanding your patterns is not about finding what's wrong with you.

It's about learning how to support yourself with greater compassion.

What's one thing you learned about yourself while completing this guide?

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