



F&B
DIGITAL THERAPY

UNMASKING YOU:

The Neurodivergent Guided Journal

NAME



F & B

DIGITAL THERAPY

CONTENTS

WHO ARE F&B?

HOW TO USE ME

REDUCING TASK OVERWHELM & DOPAMINE
MENU AVAILABLE IN PAID VERSION ONLY

**STEP 3: DAILY JOURNAL
WITH BRAIN DUMP PAGES**

MONTH REFLECTION

WHAT NEXT?



F&B

DIGITAL THERAPY

WHO ARE F&B?

We're Faye &
Becki, hi!

We're CBT
therapists who
just so happen to
be neurodivergent
(& didn't know
until adulthood!).



This month long journal is based on the template I created for myself, bearing a neurodivergent brain in mind! It incorporates a range of helpful strategies to manage overwhelm and prompts for reflection. This has been crucial to my healing - I want to share this with others for free!

-Becki 🌸

HOW CAN THIS JOURNAL HELP ME?

This journal was designed with a neurodivergent brain in mind. That means it's flexible, supportive, & doesn't expect you to be a perfectly productive human every day.

MAKING JOURNALING WORK FOR YOUR BRAIN

No essays required - short answers, creative answers or whatever works for you is enough.

SELF-REFLECTION & PROMPTS

Guiding you towards an understanding of yourself.

Expect to:

- Make sense of your thoughts
- Track mood, energy, or stress patterns
- Process emotions safely & privately
- Recognise & meet your needs
- Feel more grounded, less scattered

Remember!

*This isn't about being 'good' at journaling.
This is a safe space to show up as you are.*

*Start where you are.
Skip what doesn't work.
Come back when you're ready.*

This journal is tailored to you - not the other way around.

**WANT MORE TIPS? KEEP A
LOOK OUT FOR OUR
JOURNAL RESOURCE TOOLS
COMING SOON 🌸**

HOW TO USE ME...

DAILY JOURNAL

Be flexible

Although this journal is structured daily, accept there'll be days you don't do it.

Be reasonable

3x times a week, every other day, even 5 minutes > none.

Habit stack

For example, filling this in right before bed as part of your wind-down routine.



You might forget
That's okay. Shame is the worst
motivator.

*The next tutorial page will walk you through
what each section means and how to make it work
for your brain.*

HOW TO USE ME...

WHAT DO I DO WITH THE TEMPLATE?

Print me!

Print me off & staple me together or stick the pages into a notebook/diary.

Type on me!

Edit the PDF document directly.

Add me!

Add these pages onto a digital programme such as Procreate (on iPads) to hand write with a digital pen.



Get creative, this diary is yours to work for you!

DATE: _____

DAILY AFFIRMATION:

Write a short phrase that feels grounding or encouraging. You can repeat one, write your own, or skip it.
E.g. "I am good enough"

PRIORITIES (A)

(Based on ABC Priority Strategy)



Priorities (A) = Must-do today



Could wait until tomorrow (B) = Important but less urgent
Eventually (C) = To keep in mind or only if you have energy.



This helps reduce overwhelm and guilt.



Revisit your step by step tasks to remind yourself of what steps are reasonable right now.



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6AM

Optional! Use this to structure your day if that helps—especially including time to shift between tasks or recover after doing something hard.

7AM

8AM

9AM

10AM

11AM

12PM

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12AM

1AM

MEAL PLANNER

To help you keep on top of nutrition. Aim for little & often, could just be ideas for snacks to not forget about.

MOVEMENT

Doesnt need to be perfect exercise, plan a walk, a dance, a tidy-up, a YouTube workout.

DOPAMINE MENU

- MANDATORY!
- What items from your dopamine menu do you need today (small, medium and large tasks that provide a healthy dopamine boost)

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

Quick Stats

- Mood (draw a smiley face that fits best e.g. 😊 😐 😞 😡 😢 😭)
- Energy 0= exhausted, 10= full on zooming
- Sleep Hours
- Screen Time
- Activity Rating how physically active you felt

HOW I FELT TODAY:

A space to name or describe your emotions, give them some space & acknowledge them, no need to go deep and into detail unless you want to.

THINGS I'M PROUD OF:

A chance to celebrate something you did, no matter how small.

OVERSTIMULATED

UNDERSTIMULATED

Reflect on where you sat on the sensory scale today, and what contributed to that.

DAILY REFLECTION QUESTION:

A different prompt each day to explore thoughts, patterns, or needs.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

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HOURS

HOURS

HOW I FELT TODAY:

A large green rounded rectangle containing a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

What was a favourite memory from this week?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

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HOURS

HOURS

HOW I FELT TODAY:

Grid for writing reflections.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED

UNDERSTIMULATED

Area for selecting stimulation level.

DAILY REFLECTION QUESTION:

When you feel bored, what do you notice about the environment around you?

Grid for writing the daily reflection answer.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

7 AM

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

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HOURS

HOURS

HOW I FELT TODAY:

Grid of 20 columns and 15 rows of dots for journaling.

THINGS I'M PROUD OF:

Red rounded rectangle for journaling.

OVERSTIMULATED
UNDERSTIMULATED

Red rounded rectangle for journaling.

DAILY REFLECTION QUESTION:

Take a moment to notice what's happening physically in your body right now. What parts of your day or environment might be linked?

Grid of 20 columns and 15 rows of dots for journaling.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

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SCREEN TIME

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HOURS

HOURS

HOW I FELT TODAY:

A large green rounded rectangle containing a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for writing about overstimulation or understimulation levels.

DAILY REFLECTION QUESTION:

What sensory factors in your environment can lead to you being overwhelmed?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection answer.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

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HOURS

HOURS

HOW I FELT TODAY:

Grid for writing reflections.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED

UNDERSTIMULATED

Area for selecting stimulation level.

DAILY REFLECTION QUESTION:

What is something you're passionate about and why?

Grid for writing the daily reflection question answer.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

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HOURS

HOURS

HOW I FELT TODAY:

Grid for writing notes.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED

UNDERSTIMULATED

Area for selecting stimulation level.

DAILY REFLECTION QUESTION:

What do you value the most in life?

Grid for writing reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

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SCREEN TIME

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HOURS

HOURS

HOW I FELT TODAY:

Grid for writing reflections.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED

UNDERSTIMULATED

Area for selecting stimulation levels.

DAILY REFLECTION QUESTION:

What is soothing to your senses?

Grid for writing the daily reflection answer.

BRAIN DUMP

Whats on my mind?
What are my unfiltered thoughts?
Whats stressing me? What are my
ideas? What do I need to do?

A large grid of orange dots for writing, covering most of the page below the title and questions.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

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SCREEN TIME

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HOURS

HOURS

HOW I FELT TODAY:

A large green rounded rectangle containing a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level using radio buttons.

DAILY REFLECTION QUESTION:

What's one thing you can do in the next week to move yourself towards your long term goals?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection answer.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

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HOURS

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THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for writing about overstimulation or understimulation levels.

DAILY REFLECTION QUESTION:

Where do you feel the safest?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

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HOURS

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A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for writing about stimulation levels, with radio buttons for 'OVERSTIMULATED' and 'UNDERSTIMULATED'.

DAILY REFLECTION QUESTION:

What do you value about the people you're closest to?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

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HOURS

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THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

Name 3 positive qualities you have. Where have you shown these recently?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

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HOURS

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THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED
UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level using radio buttons.

DAILY REFLECTION QUESTION:

What is something you've struggled with but overcame?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

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SCREEN TIME

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HOURS

HOURS

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THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

What's one thing you'd say to your child self now, that you needed to hear at the time?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

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HOURS

HOURS

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THINGS I'M PROUD OF:

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OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

What are some things within your control that stop you moving forward?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection.

BRAIN DUMP

*Whats on my mind?
What are my unfiltered thoughts?
Whats stressing me? What are my
ideas? What do I need to do?*

A large grid of orange dots for writing, covering most of the page below the title and questions.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

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SCREEN TIME

SLEEP

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HOURS

HOURS

HOW I FELT TODAY:

Grid of 20 columns and 15 rows of dots for journaling.

THINGS I'M PROUD OF:

Red rounded rectangle for journaling.

OVERSTIMULATED
UNDERSTIMULATED

Red rounded rectangle for journaling.

DAILY REFLECTION QUESTION:

What does unmasked you look like? How does it feel when you're being this version of yourself?

Grid of 20 columns and 15 rows of dots for journaling.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

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SCREEN TIME

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HOURS

HOURS

HOW I FELT TODAY:

A large green rounded rectangle containing a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for writing about overstimulation or understimulation levels.

DAILY REFLECTION QUESTION:

Who do you admire the most and why?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection answer.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

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HOURS

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HOW I FELT TODAY:

A large green rounded rectangle containing a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for writing about stimulation levels, with radio buttons for 'OVERSTIMULATED' and 'UNDERSTIMULATED'.

DAILY REFLECTION QUESTION:

How good are you at feeling your emotions?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

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HOURS

HOURS

HOW I FELT TODAY:

Grid for journaling how you felt today.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED

UNDERSTIMULATED

Area for selecting stimulation levels.

DAILY REFLECTION QUESTION:

What would be the easiest boundary to set right now to protect your mental wellbeing?

Grid for writing the reflection question answer.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

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SCREEN TIME

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HOURS

HOURS

HOW I FELT TODAY:

A large green rounded rectangle containing a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A light pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A light pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

What is one thing you'd like to learn more about?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection answer.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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DOPAMINE MENU

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ACTIVITY

SCREEN TIME

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HOURS

HOURS

HOW I FELT TODAY:

Grid for writing reflections.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED

UNDERSTIMULATED

Area for selecting stimulation levels.

DAILY REFLECTION QUESTION:

Are there any specific situations where you feel ashamed? Why do you think this is?

Grid for writing answers to the reflection question.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

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HOURS

HOURS

HOW I FELT TODAY:

Grid for journaling feelings.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED
UNDERSTIMULATED

Area for selecting stimulation level.

DAILY REFLECTION QUESTION:

Reflect on a recent conversation - what went well and what could you improve?

Grid for journaling reflection.

BRAIN DUMP

*Whats on my mind?
What are my unfiltered thoughts?
Whats stressing me? What are my
ideas? What do I need to do?*

A large grid of small orange dots covering most of the page, intended for writing thoughts and ideas.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

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12 AM

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rounded rectangle containing a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for writing about stimulation levels, with radio buttons for 'OVERSTIMULATED' and 'UNDERSTIMULATED'.

DAILY REFLECTION QUESTION:

What is something that nobody knows about you and why?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid for writing reflections.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED
UNDERSTIMULATED

Area for selecting stimulation level.

DAILY REFLECTION QUESTION:

What are some things you'd like to start saying no to?

Grid for writing answers to the reflection question.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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SCREEN TIME

SLEEP

/10

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HOURS

HOURS

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A light pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A light pink rounded rectangle for writing about stimulation levels, with radio buttons for 'OVERSTIMULATED' and 'UNDERSTIMULATED'.

DAILY REFLECTION QUESTION:

What do you wish you were brave enough to say or do?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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HOURS

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THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

How do you normally resolve conflicts? How well does this work?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

What is something you can do now that you never used to be able to?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU



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HOURS

HOURS

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THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things you're proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

What's one thing you can do in the next week to move yourself towards your long term goals?

A large green rounded rectangle containing a grid of small yellow dots for writing the reflection answer.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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THINGS I'M PROUD OF:

A pink rounded rectangle for writing about things the user is proud of.

OVERSTIMULATED

UNDERSTIMULATED

A pink rounded rectangle for selecting a stimulation level, with radio buttons next to the text.

DAILY REFLECTION QUESTION:

Whats one of your greatest fears - how does this impact your life?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

BRAIN DUMP

*Whats on my mind?
What are my unfiltered thoughts?
Whats stressing me? What are my
ideas? What do I need to do?*

A large grid of small orange dots arranged in a regular pattern, intended for writing or drawing. The grid covers most of the page area below the title and questions.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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HOURS

HOURS

HOW I FELT TODAY:

A large green rounded rectangle containing a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A light pink rounded rectangle for writing about things you're proud of.

OVERSTIMULATED

UNDERSTIMULATED

A light pink rounded rectangle for rating overstimulation and understimulation levels.

DAILY REFLECTION QUESTION:

How would it feel to let yourself have a day off from reflecting?

A large green rounded rectangle containing a grid of small yellow dots for writing a reflection.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

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ENERGY

ACTIVITY

SCREEN TIME

SLEEP

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HOURS

HOURS

HOW I FELT TODAY:

Grid of 20 columns and 15 rows of dots for journaling.

THINGS I'M PROUD OF:

Red rounded rectangle for journaling.

OVERSTIMULATED

UNDERSTIMULATED

Red rounded rectangle for journaling.

DAILY REFLECTION QUESTION:

What unrealistic standard do you set yourself in order to be liked or loved?

Grid of 20 columns and 15 rows of dots for journaling.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

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MEAL PLANNER

DOPAMINE MENU

MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid for journaling how you felt today.

THINGS I'M PROUD OF:

Area for writing things you're proud of.

OVERSTIMULATED
UNDERSTIMULATED

Area for selecting overstimulated or understimulated.

DAILY REFLECTION QUESTION:

What are you most proud of?

Grid for writing the daily reflection answer.

MONTHLY REFLECTION

WHAT WORKED FOR ME?



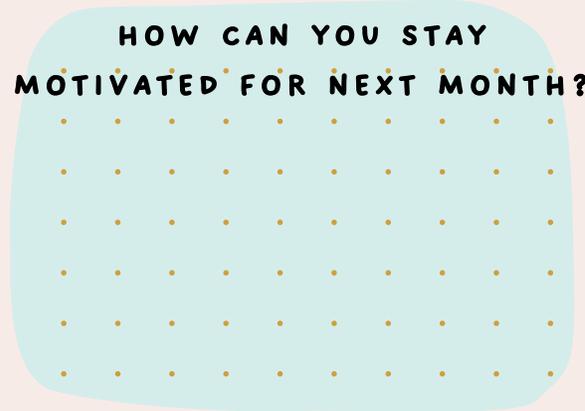
WHAT DIDN'T WORK FOR ME?



FAVOURITE MEMORIES



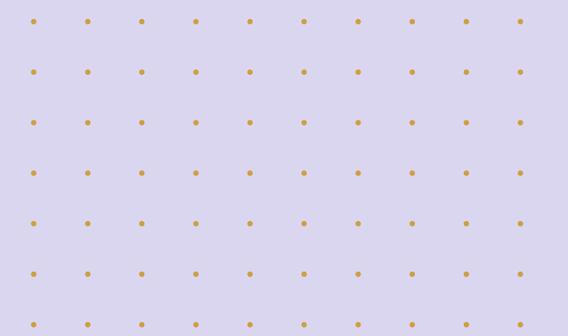
HOW CAN YOU STAY
MOTIVATED FOR NEXT MONTH?



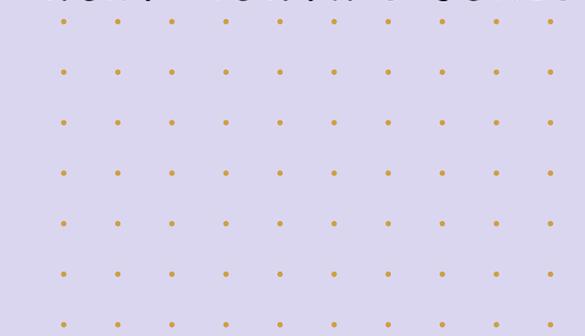
WHAT NEXT?

(Next month's goals should be no more than 50% more of what you achieved this month. The smaller the increase the better!)

GOALS NOT MET



NEXT MONTH'S GOALS



THANK YOU!

WE'RE THERAPISTS WHO SUPPORT LATE OR UNDIAGNOSED NEURODIVERGENT ADULTS TRANSFORM FROM SELF-DOUBT TO SELF-CONFIDENCE 🌸

If this has been helpful, here's some further options for working with us...

PURCHASE FULL JOURNAL

Coming soon!
Expect more neurodivergent friendly techniques & a years worth of daily prompts

NEURODIVERGENT BOUNDARIES COURSE & GUIDED JOURNALING SUBSCRIPTION

Coming soon!
Join our newsletter through www.fandbtherapy.com to be the first to find out when this, online courses and other free resources drop.

1-1 ONLINE THERAPY

Therapy helps guide you towards understanding your patterns, where they've come from & how to break free from them.
Book a free consult on our website to find out more.

YOU CAN ALSO FIND MORE NEURODIVERGENT INSIGHTS & TIPS BY FOLLOWING OUR SOCIALS. SEARCH F&B DIGITAL THERAPY ON INSTAGRAM, TIKTOK AND SUBSTACK 🌸

