



NOT YOUR TYPICAL GROWING UP GUIDE

A Guide for People with A Complicated & Beautiful Brain

A compassionate guide to understanding yourself, building support, and creating the life you want in a good way.



DEAR READER...

If you're picking up this book, you likely have a complicated and beautiful brain.

You might wonder:

- Why do I react so quickly?
- Why do I forget things even when they're important?
- Why do people get upset with me when I didn't even realize something happened?
- Why is it so hard to manage my phone, friends, time, or feelings?
- Why do I have so deeply and trust so easily?
- Why do I get so frustrated so fast?
- Why does my brain feel so busy?



You're not alone. You're not broken.
You're just complicated and likely misunderstood.



THE BIG TRUTH

Your Symptoms Are Not Your Fault — But You Still Need and Deserve Tools to Manage Them

If you have ADHD, FASD, ASD, learning differences, trauma, anxiety, sensory issues, or any combination, your brain may work differently in ways like:

- | | |
|--------------------------------|-------------------------------------|
| Memory | Feeling safe |
| Impulse control | Navigating relationships |
| Emotional regulation | Handling conflict |
| Judgment | Switching tasks |
| Decision-making | Keeping track of belongings |
| Social intuition | Understanding language |
| Recognizing danger | Tolerating noise, crowds, or change |
| Understanding time & money | Remembering rules |
| Managing screens or substances | Controlling urges or impulses |
| Trusting others | |

None of this makes you a bad kid, teen, adult or person at any age. It simply means your brain and body need different structure, clarity, safe people, routines, boundaries, and support.



YOU ARE NOT SUPPOSED TO DO IT ALL ALONE.



All humans—every single one of us—need helpers.



People with neurodevelopmental differences often need more help, more consistently, for longer.



Knowing you need help—and asking for it—is maturity. It's self-awareness. It's courage.



Sharing this book can help others understand and support you in a more informed, compassionate, and complete way.

MOST OF YOUR EFFORT IS INVISIBLE

People don't see:

- the mental exhaustion
- the sensory overwhelm
- the fast impulses
- the internal storms
- the confusion
- the pressure to act your age
- the fear of being judged
- the guilt when someone is upset
- the shame after a mistake
- the blank moments



You deserve to be seen.
You deserve to celebrate your effort.



ACCEPTANCE ≠ GIVING UP

It means accepting the truth about your brain so you can build the life you want.

- ✓ Accept reality so you can work WITH your brain instead of against it
- ✓ Use support to stay safe
- ✓ Build routines that protect you
- ✓ Choose easier, safer paths
- ✓ Honour your strengths
- ✓ Plan ahead instead of hoping things work out

Acceptance is how you protect your future, your heart, and your relationships. It's not giving up—it's choosing a different way to win.



YOU CAN'T CHANGE THE BRAIN YOU HAVE—BUT YOU CAN CHANGE HOW YOU LIVE WITH IT



Acceptance might sound like:

"My memory works differently."

"My impulse control can get me into trouble sometimes."

"I feel younger inside than my age."

"I need support to thrive—and that's okay."

Acceptance is power. It's the first step toward a better life.

WHAT THIS GUIDE HELPS YOU DO



Understand yourself



Take control in healthy ways



Stay safe



Reduce conflict



Build a support team



Create the life you want in a good way



TOOLS FOR YOU & YOUR PEOPLE

Want more practical tools and worksheets? Scan the QR code to access the Not Your Typical Growing Up Guide Workbook Companion.



Your brain is complicated, it is also beautiful with many strengths...

