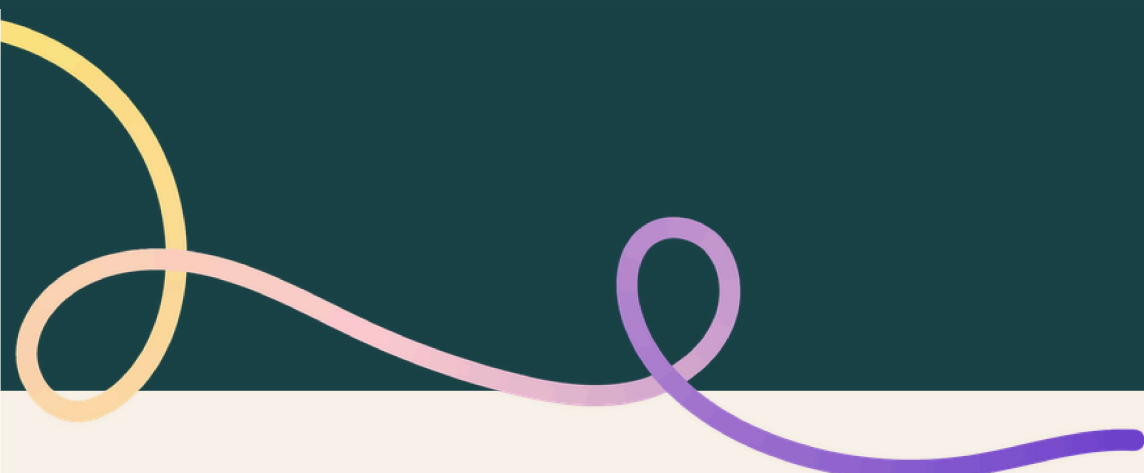


A factsheet about

Understanding your neurotype



Understanding  Zoe

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Understanding your neurotype

A starter guide for newly identified neurodivergent adults. The words that can help, and looking after your energy.



Recognising yourself as Autistic, ADHD or AuDHD in adulthood can be a lot to take in. It works less like a change and more like a key: a way to understand patterns you have lived with for a long time, with more clarity and less self-blame. This guide gathers words that can help, ideas that reassure, and practical ways to protect your energy.

Make sense of it

Finding out later is common. Plenty of people are identified as adults. Early on they may have learned to blend in, or the signs were read differently because old checklists pictured a narrow stereotype, often missing women and gender-diverse people.

Knowing yourself counts. You can arrive at this understanding through your own experience and the stories of people like you. It holds whether or not you have a formal diagnosis.

Different feelings can coexist. Relief that things finally make sense often sits next to sadness about earlier years without it. Both belong.

Asking for support is a strength. Working out what you need, and asking for it, is a skill worth having, not a weakness to hide.

Find helpful words

Naming what you feel can make it easier to understand, and easier to explain. These are a few words you might find useful as you get to know your neurotype.

Neurodivergence

A way of saying there is no single 'normal' brain. Some people naturally think, focus, feel and sense the world differently from the neuronorm, the neurotypical default the world is built around. A real difference in wiring, not a flaw to fix.

Neurotype

The pattern of how your brain works: how you think, focus, feel and take in the world. Everyone has one. Autistic, ADHD and AuDHD (both together) are neurotypes, and so is neurotypical, none better than another, just wired differently.

Masking

Covering or holding back parts of how you naturally are, so you seem to fit what is expected. It often happens without deciding to, and it wears you down over time.

Unmasking

Easing off that covering, bit by bit, where it feels safe enough to be more openly yourself. It is not safe or possible for everyone, and that is not a failing on your part.

Autistic burnout

A deep, whole-body depletion that builds when demands outstrip support for a long time. Recovery usually takes months rather than days, and comes from lowering demands and getting support, not just rest. It is not a failing.

Spoons

A way of picturing energy as a limited daily budget, an idea from spoon theory in the chronic illness and disability community. Tasks, socialising and sensory input all spend from it, and some days the budget is smaller.

Look after your energy

Looking after your energy is less about pushing harder and more about shaping a life that fits how your brain and body work. Small daily habits help: a real break away from your screen, saying no to one draining task, a few minutes of rest or stimming. Over time, honouring your needs can be what helps keep your energy, focus and joy going.

Signs of burnout

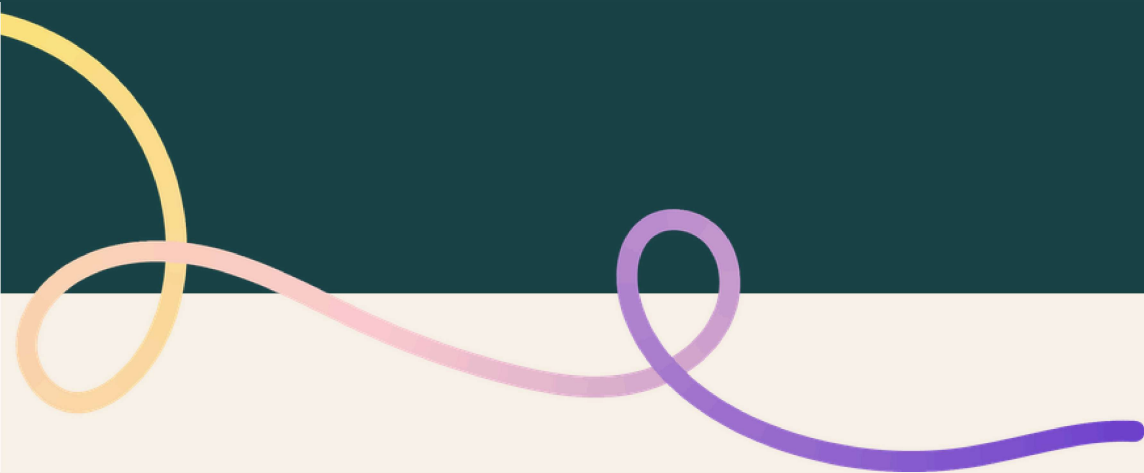
- Deep exhaustion in body, mind and feelings
- Brain fog, and easy skills slipping for a while
- Everyday tasks feeling much harder than before
- A pull to withdraw from people and demands
- More sensory sensitivity than usual

Ways to recharge

- Lower your demands where you can, even a little
- Unmask in the places that feel safe
- Protect rest, and treat it as essential
- Make time for your interests, movement or stimming
- Seek out calm, low-sensory spaces to top up

There is no finish line here. Protecting even one need, on even one day, still counts.

Understanding Zoe



Understanding Zoe is the first neuroaffirming AI-powered app that turns every report, observation and moment into an actionable next step, supporting neurodivergent people and those who care about them to thrive.

for more information, you can contact
hello@understandingzoe.com

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