UNMASKING WITH WORDS

Self-advocacy scripts for late-discovered neurodivergent women



by Sharon Worth

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Welcome!

I'M SHARON WORTH

I'm a Level 5 transformational coach, with a CPD Certificate in ADHD Coaching and a Diploma in Neurodiversity Coaching. I provide coaching and support for women discovering their neurodivergence later in life. I'm passionate about helping women to understand who they are, make peace with their past, and navigate their life with clarity, compassion and confidence, at every age and life stage.

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Introduction

If you feel as though something fundamental has shifted, you are not imagining it.

Many late-discovered neurodivergent women describe a gradual loss of tolerance. Noise feels sharper, expectations feel heavier and the roles you have carried for years may now feel difficult to sustain.

From the outside, you may still appear capable, but inside, you may feel stretched thin, unsure, and more self critical than before.

This guide offers simple, practical sentences that you can adapt and use as you begin to advocate for yourself more clearly.

No dramatic changes - just small shifts in how you speak to others and to yourself.

WHEN YOU'RE ABOUT TO OVER COMMIT AT WORK...

You notice yourself agreeing before you have checked your capacity.

Try saying:
"I'd like to check my workload before I commit. Can I come back to you later today?"

If pressure continues:
"I'm at capacity this week. If this needs doing, we'll need to adjust something else."

Why this helps:
Many high-masking women respond quickly to avoid discomfort. A pause gives your nervous system time to assess your energy. It shifts you from automatic agreement to conscious choice.

WHEN YOU'RE CARRYING TOO MUCH AT HOME...

You find yourself managing everyone else's responsibilities.

Try saying:
"I can't manage all of this on my own. We need to divide this more evenly."

With older children:
"What's your plan for handling that?"

Why this helps:
Over-functioning can become automatic over time. Sharing responsibility reduces long-term resentment and supports independence in others.

WHEN YOUR TOLERANCE DROPS...

You feel more irritable. Noise feels sharper. Questions feel heavier.

Try saying:
“I’m feeling overloaded right now. I need some quiet before I can respond properly.”

Why this helps:
Lower tolerance during perimenopause and post menopause is common. Naming overload early can prevent escalation later. It supports regulation rather than suppression.

WHEN YOU NEED TO DECLINE AN INVITATION...

You feel obligated to attend something you do not have capacity for.

Try saying:
“Thank you for thinking of me. I’m going to pass this time.”

If explanation feels necessary:
“I’m keeping my commitments lighter at the moment.”

Why this helps:
You are allowed to adjust your social capacity. Protecting your energy is not withdrawal. It is regulation.

WHEN EMOTIONAL LABOUR LANDS ON YOU...

You are expected to hold, solve, or absorb someone else's emotional load.

Try saying:
"I can listen, but I don't have the capacity to solve this."

Or:
"I'm not the best person to take this on."

Why this helps:
Being supportive does not require you to carry everything. Clear limits protect connection rather than damage it.

WHEN YOU'RE EXPLAINING YOUR NEURODIVERGENCE...

You want to clarify your needs without over-disclosing.

Try saying:
"I process information differently. Written follow-up helps me."
Or:
"My tolerance for noise is lower lately. I may step out if needed."

Why this helps:
Clear, simple statements reduce misunderstanding. You do not need to explain your entire history in order to advocate for your needs.

WHEN GUILT SHOWS UP...

You feel selfish for stepping back.

Try saying (internally):
“It’s reasonable that my needs are changing.”

Or:

“Needing support does not make me weak.”

Why this helps:
Guilt often appears when you disrupt old patterns. The presence of guilt does not mean the boundary is wrong.

WHEN THE INNER CRITIC TAKES OVER...

You hear: “I should be coping better than this.”

Try saying:
“This feels difficult right now.”

Or:

“I am learning how to work with my wiring.”

Why this helps:
Self-advocacy also happens internally. Acknowledging difficulty without judgement supports steadiness and reduces shame.



Reflection

Before you close this guide, pause for a moment and ask:

Which sentence felt easiest to imagine saying?

Which one felt uncomfortable - but true?

Where are you carrying more than your capacity right now?

You do not need to change everything at once.

You do not need to become someone new.

One sentence.
One pause.
One shift in how you speak.

That is enough to begin.



If you would like support

Late-discovered neurodivergence can feel disorienting, and you do not have to navigate that alone.

I offer one-to-one coaching for women who are ready to:

- Reduce over-functioning
- Build sustainable boundaries
- Work with their wiring rather than against it
- Reclaim steadiness and self-trust

Sessions are £95 pay-as-you-go.

Many women choose a six-session block (£540) to allow space for deeper integration.

If this feels like the right time for you, you are warmly invited to get in touch or book a complimentary discussion via www.sharonworthcoaching.com

There is no pressure. Just a conversation about what would feel supportive.