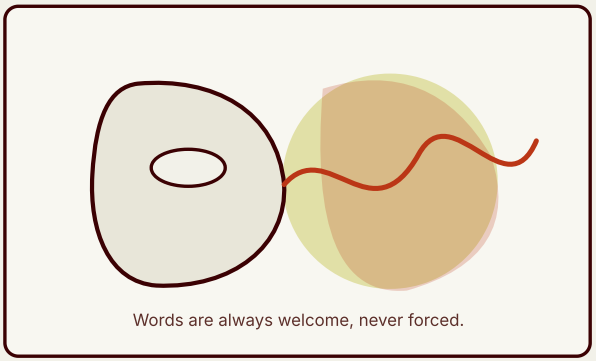
THERAPY WITH LAURY · FREE CREATIVE RESOURCE

The Unmasking Sketchbook

7 creative prompts for neurodivergent adults running on empty



Words are always welcome, never forced.

Lauren (Laury) Monk, Registered Associate Marriage and Family Therapist #158568 · Employed by The Center for Mindful Psychotherapy · Supervised by a licensed therapist · Online therapy for people located in California · $195 per 50-minute session, self-pay.

No art experience needed.

Nothing in these pages has to be finished, pleasing, or perfect. Words are always welcome, never forced.

You can print this booklet in black and white, open it on a tablet with a stylus, or simply read the prompts and use any scrap of paper, sticky note, or envelope nearby. Skip any prompt that feels like a demand, or change the rules halfway through.

Plain-language disclaimer

This sketchbook is a creative resource, not therapy, not a test, and not an assessment. There's no score and nothing to diagnose. You don't need to share anything you make with anyone.

Crisis support (24/7)

If you're in crisis, call or text **988** (Suicide & Crisis Lifeline), call **911**, or go to your nearest emergency room.

PROMPT 1 · ABOUT 2 MINUTES

The energy line

Draw today as a single line. Jagged, looping, faint, heavy: no meaning required.



Start your line anywhere in this space →

PROMPT 2 · ABOUT 5 MINUTES

The mask and the face

Draw a simple mask shape and fill it with what the world usually sees. Beside it, draw the face behind it in any colors or shapes.

What the world usually sees

What sits underneath

Shapes, colors, or words all count.

PROMPT 3 · ABOUT 10 MINUTES

Sensory map

Sketch a room that feels just right: light, sound, texture, temperature. Add anything. Remove anything.

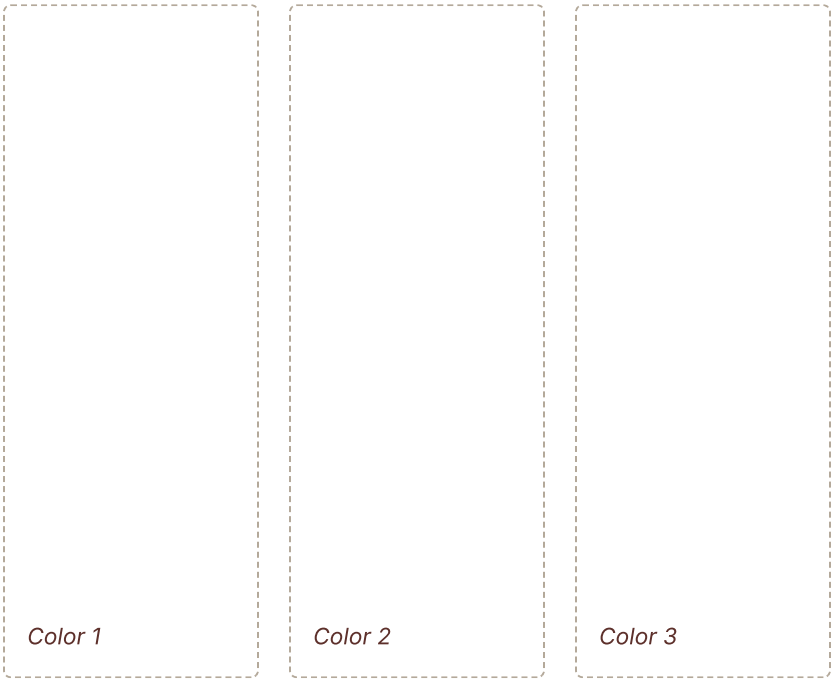
• Lighting: • Sound: • Texture / weight: • Temperature:

Map your sensory-safe corner here.

PROMPT 4 · ABOUT 3 MINUTES

Color check-in

Pick three colors for this week. Make a patch of each. Name them if you like, or don’t.



Scribble, shade, or write the name of each color inside the boxes.

PROMPT 5 · ABOUT 3 MINUTES

Permission slip

Write or draw a permission slip to yourself. “Permission to rest.” “Permission to say no.” “Permission to be unfinished.”

OFFICIAL PERMISSION SLIP

Today I have full permission to:

Signed: _____ No expiration date

PROMPT 6 · ABOUT 10 MINUTES

The fenced-off field

Draw a field and a fence. What's on the other side that you'd like to visit?



What sits on the other side of the fence?

PROMPT 7 · ABOUT 5 MINUTES

Credit where it’s due

Draw a backpack. Fill it with everything you’ve carried this year. Give yourself a ribbon for it.

Everything you’ve carried this year + your ribbon:

Crediting yourself for the work and weight of what you have survived.

PAGE 10 · OPEN SPACE

Your turn.

If you'd like company with this.

In my sessions, these are the kinds of things we might do, alongside talking, if you want to.

I'm Laury, a late-diagnosed AuDHD therapist (a matched-neurotype therapist) offering warm, creative, neurodivergent-affirming therapy for autistic, ADHD, AuDHD, and highly sensitive adults and teens (13–17). Words are always welcome, and never forced.

Free 30-minute consultation

Online, for people located in California.

Website: https://www.therapywithlaury.com/lets-talk

Email: hello@therapywithlaury.com

Text or call: (408) 413-4395

THERAPY WITH LAURY

Beyond pathology, beyond words.

Creative, neurodivergent-affirming therapy for adults and teens (13–17), online anywhere in California.

Practice & Fee Disclosures

Lauren (Laury) Monk, Registered Associate Marriage and Family Therapist #158568 · Employed by The Center for Mindful Psychotherapy · Supervised by licensed therapist Lori Crowley, LMFT #121471, LPCC #10892.

Fees: $195 per 50-minute session; self-pay. I can provide a superbill you may submit to your insurer for possible out-of-network reimbursement; coverage depends on your plan.

Location: Online therapy for people located in California · **therapywithlaury.com**

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