

Your Inner Constellation - Part 1

A two-part creative tool for self-understanding through reflection and visual mapping.

We all carry patterns shaped by our brains, temperament, experience, and resilience. **Your Inner Constellation helps you explore your personal traits with curiosity and care**, not to label yourself, but for self-understanding.

This tool also highlights that traits can form patterns commonly seen in profiles associated with ADHD, Autism, CPTSD, and more. **This tool isn't meant to provide a diagnosis**, but it may give you a broader view of how different traits map to common neurodevelopment or trauma profiles.

You can complete each part over several sessions — take your time!

Part 1: Trait Reflection

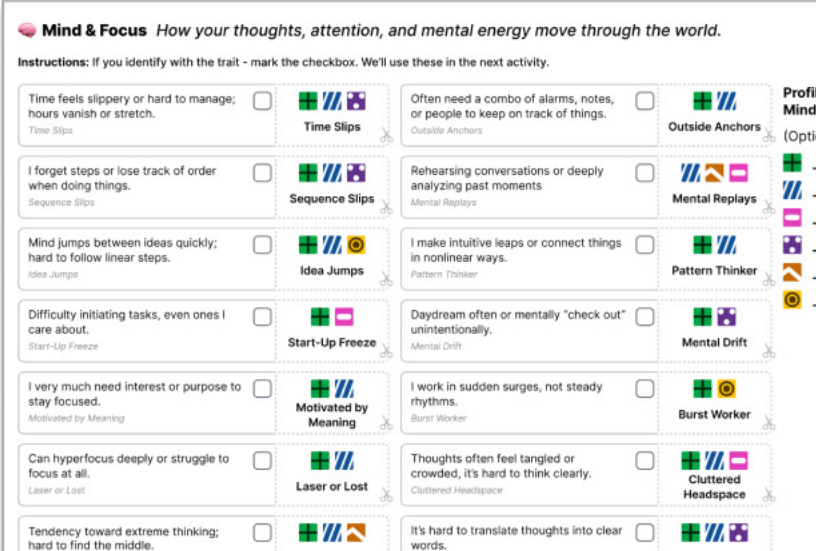
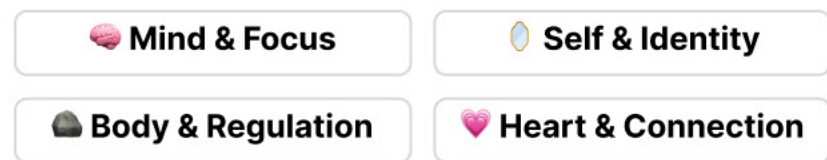
Identify the traits that feel true for you. (~10-20 min)

Part 1 is organized into **4 broad categories** (1 category per page), each page has **16 traits** for review.

For each trait card, read the description, and **mark the checkbox** if it feels like that trait feels like “you”.

Don't worry about how often or the intensity for now, you can explore that in Part 2. It's not about perfection, just about reflection!

When you're done, you will have a useful snapshot of the traits showing up in your daily life. You can stop there or go to **Part 2** and **create a visual map**.



Mind & Focus How your thoughts, attention, and mental energy move through the world.

Instructions: If you identify with the trait - mark the checkbox. We'll use these in the next activity.

Time feels slippery or hard to manage; hours vanish or stretch. Time Slips	☐ 	Often need a combo of alarms, notes, or people to keep on track of things. Outside Anchors	☐ 	Profile Mind (Optional)
I forget steps or lose track of order when doing things. Sequence Slips	☐ 	Rehearsing conversations or deeply analyzing past moments Mental Replays	☐ 	
Mind jumps between ideas quickly; hard to follow linear steps. Idea Jumps	☐ 	I make intuitive leaps or connect things in nonlinear ways. Pattern Thinker	☐ 	
Difficulty initiating tasks, even ones I care about. Start-Up Freeze	☐ 	Daydream often or mentally "check out" unintentionally. Mental Drift	☐ 	
I very much need interest or purpose to stay focused. Motivated by Meaning	☐ 	I work in sudden surges, not steady rhythms. Burst Worker	☐ 	
Can hyperfocus deeply or struggle to focus at all. Laser or Lost	☐ 	Thoughts often feel tangled or crowded, it's hard to think clearly. Cluttered Headspace	☐ 	
Tendency toward extreme thinking; hard to find the middle.	☐ 	It's hard to translate thoughts into clear words.	☐ 	

Time feels slippery or hard to manage; hours vanish or stretch.

Time Slips



Time Slips

Profile Icons:

Each trait includes a set of icons showing how it may appear in neurodevelopmental, trauma-related, or other common profiles. You can skip them for now or **learn more on the part 1 insights page**.



Mind & Focus *How your thoughts, attention, and mental energy move through the world.*

Instructions: If you identify with the trait - mark the checkbox. We'll use these in the next activity.

☐ Time feels slippery or hard to manage; hours vanish or stretch. <i>Time Slips</i>	☐    Time Slips	☐ Often need a combo of alarms, notes, or people to keep on track of things. <i>Outside Anchors</i>	☐   Outside Anchors	Profile Icons in Mind & Focus (Optional)  ____ / 14  ____ / 12  ____ / 4  ____ / 4  ____ / 4  ____ / 2
☐ I forget steps or lose track of order when doing things. <i>Sequence Slips</i>	☐    Sequence Slips	☐ Rehearsing conversations or deeply analyzing past moments <i>Mental Replays</i>	☐    Mental Replays	
☐ Mind jumps between ideas quickly; hard to follow linear steps. <i>Idea Jumps</i>	☐    Idea Jumps	☐ I make intuitive leaps or connect things in nonlinear ways. <i>Pattern Thinker</i>	☐   Pattern Thinker	
☐ Difficulty initiating tasks, even ones I care about. <i>Start-Up Freeze</i>	☐   Start-Up Freeze	☐ Daydream often or mentally “check out” unintentionally. <i>Mental Drift</i>	☐   Mental Drift	
☐ I very much need interest or purpose to stay focused. <i>Motivated by Meaning</i>	☐   Motivated by Meaning	☐ I work in sudden surges, not steady rhythms. <i>Burst Worker</i>	☐   Burst Worker	
☐ Can hyperfocus deeply or struggle to focus at all. <i>Laser or Lost</i>	☐   Laser or Lost	☐ Thoughts often feel tangled or crowded, it's hard to think clearly. <i>Cluttered Headspace</i>	☐    Cluttered Headspace	
☐ Tendency toward extreme thinking; hard to find the middle. <i>All or Nothing</i>	☐    All or Nothing	☐ It's hard to translate thoughts into clear words. <i>World Tangle</i>	☐    Word Tangle	
☐ Forget what I'm doing mid-task or why I started. <i>Vanishing Intentions</i>	☐    Vanishing Intentions	☐ Even small decisions can feel overwhelming. <i>Decision Overwhelm</i>	☐   Decision Overwhelm	

Self & Identity *How you experience your inner world, your voice, and your sense of “you”.*

Instructions: If you identify with the trait - mark the checkbox. We'll use these in the next activity.

☐ Adjust identity or personality to match surroundings. <i>Chameleon Self</i>	 Chameleon Self	☐ I think about myself in concrete, literal ways; more facts than feelings. <i>Literal Self</i>	 Literal Self	Profile Icons in Self & Identity (Optional)  ____ / 2  ____ / 5  ____ / 9  ____ / 10  ____ / 3  ____ / 2
☐ Emotions or reactions feel like they come from different versions of me. <i>Fragmented Self</i>	 Fragmented Self	☐ Some parts step forward to shield or take over in hard moments. <i>Protectors Inside</i>	 Protectors Inside	
☐ Have an internal dialogue that feels like multiple voices or perspectives. <i>Inner Commentary</i>	 Inner Commentary	☐ Intense internal criticism or questioning of self. <i>Self-Doubt Storms</i>	 Self-Doubt Storms	
☐ Ongoing uncertainty about identity, roles, or values. <i>Who Am I?</i>	 Who Am I?	☐ Exhausted from performing or maintaining a stable “self” for others. <i>Role Exhaustion</i>	 Role Exhaustion	
☐ Noticeable shifts in mood, behavior, or sense of self. <i>Switched States</i>	 Switched States	☐ Feel younger or older inside than my actual age. <i>Inner Age Shifts</i>	 Inner Age Shifts	
☐ I feel like different parts of me want different things. <i>Parts of Me</i>	 Parts of Me	☐ I rely on certain labels, symbols, or stories to feel stable in who I am. <i>Identity Anchors</i>	 Identity Anchors	
☐ Missing time or fuzzy details from certain periods. <i>Memory Gaps</i>	 Memory Gaps	☐ I feel like a completely different person if my mood is up versus down. <i>Mood Blur</i>	 Mood Blur	
☐ I figure out who I am by doing things, I don't always know until I move. <i>Identity Through Action</i>	 Identity Through Action	☐ There's a version of me I protect — rarely seen, but deeply real. <i>Hidden Self</i>	 Hidden Self	

Heart & Connection *How you experience emotion, relationships, and belonging.*

Instructions: If you identify with the trait - mark the checkbox. We'll use these in the next activity.

Emotions feel intense, vivid, and hard to hide. ☐ <i>Big Feelings</i>	 Big Feelings	Old relational wounds resurface in new dynamics. ☐ <i>Emotional Echoes</i>	 Emotional Echoes	Profile Icons in Heart & Connection (Optional)  ____ / 2  ____ / 6  ____ / 11  ____ / 7  ____ / 9  ____ / 0
Fear of being left or forgotten, even over small things. ☐ <i>Abandonment Alarm</i>	 Abandonment Alarm	A small mistake can spiral into deep unworthiness. ☐ <i>Shame Spirals</i>	 Shame Spirals	
I absorb others' emotions easily, even when I don't mean to. ☐ <i>Empathetic Sponge</i>	 Empathetic Sponge	Want to be deeply seen or reflected back, but often feel unseen. ☐ <i>Unmet Mirror</i>	 Unmet Mirror	
Even with kind people, opening up feels risky. ☐ <i>Trust Difficulties</i>	 Trust Difficulties	Feeling disconnected even when you're with people. ☐ <i>Lonely Even Together</i>	 Lonely Even Together	
Relationships swing between closeness and withdrawal. ☐ <i>Love Fast and Pull Back</i>	 Love Fast and Pull Back	Slow to trust or bond with others, even when I want connection. ☐ <i>Slow to Attach</i>	 Slow to Attach	
Fear of being "too much" or "not enough" for others. ☐ <i>Too Much, Too Little</i>	 Too Much, Too Little	I sometimes can't tell where someone else's emotions end and mine begin. ☐ <i>Sudden Merging</i>	 Sudden Merging	
Bending yourself to keep the peace or earn connection. ☐ <i>People Pleasing</i>	 People Pleasing	Sometimes I keep emotions so tightly guarded; it's hard to let people in. ☐ <i>Protective Walls</i>	 Protective Walls	
After a social moment or deep connection, you crash. ☐ <i>Emotion Hangovers</i>	 Emotion Hangovers	Feeling bad or ashamed for having needs or asking for help or support. ☐ <i>Guilt for Needing</i>	 Guilt for Needing	

Body & Regulation *How you relate to your body, stress responses, and internal rhythms*

Instructions: If you identify with the trait - mark the checkbox. We'll use these in the next activity.

☐ I feel disconnected from or unfamiliar with my body. <i>Body as Stranger</i>	☐  Body as Stranger <i>Body as Stranger</i>	☐ Sounds, lights, textures, or smells can feel overwhelming. <i>Sensory Overload</i>	☐  Sensory Overload <i>Sensory Overload</i>
☐ There's constant tension in my body, like I'm always bracing. <i>Tight Coil</i>	☐  Tight Coil <i>Tight Coil</i>	☐ I scan for danger, even when I know I'm safe — it's hard to relax. <i>Hypervigilance</i>	☐  Hypervigilance <i>Hypervigilance</i>
☐ Jump or flinch at sudden sounds or touch even when I know I'm safe. <i>Startle Easily</i>	☐  Startle Easy <i>Startle Easily</i>	☐ I go blank or still when stress becomes too much. <i>Shut Down or Freeze</i>	☐  Shut Down or Freeze <i>Shut Down or Freeze</i>
☐ There are parts of my body I can't feel, like they're shut down/far away <i>Numb Zones</i>	☐  Numb Zones <i>Numb Zones</i>	☐ Staying still feels unbearable; I get agitated, restless, or trapped <i>Can't Sit Still</i>	☐  Can't Sit Still <i>Can't Sit Still</i>
☐ I feel tired even after rest; like my body never fully recharges. <i>Chronic Fatigue</i>	☐  Chronic Fatigue <i>Chronic Fatigue</i>	☐ I move, tap, or fidget to stay calm or focused; it helps regulate my energy <i>Pacing & Fidgeting</i>	☐  Pacing & Fidgeting <i>Pacing & Fidgeting</i>
☐ I have trouble falling asleep or staying in a steady sleep cycle. <i>Sleep Issues</i>	☐  Sleep Issues <i>Sleep Issues</i>	☐ I rely on touch, heat, rhythm, or texture to feel calm, grounded, or safe. <i>Soothing Rituals</i>	☐  Soothing Rituals <i>Soothing Rituals</i>
☐ My body experiences pain, fear, or shame; even when I don't know why. <i>Somatic Flashbacks</i>	☐  Somatic Flashbacks <i>Somatic Flashbacks</i>	☐ I suddenly realize I've been holding my breath or breathing shallowly. <i>Breath Catch</i>	☐  Breath Catch <i>Breath Catch</i>
☐ I feel uncomfortable in my own skin; like I don't belong in it. <i>Skin Doesn't Fit</i>	☐  Skin Doesn't Fit <i>Skin Doesn't Fit</i>	☐ My body feels like it remembers things that I don't. <i>Body Memories</i>	☐  Body Memories <i>Body Memories</i>

Profile Icons in Body & Regulation

(Optional)

 ____ / 4

 ____ / 5

 ____ / 10

 ____ / 7

 ____ / 2

 ____ / 4

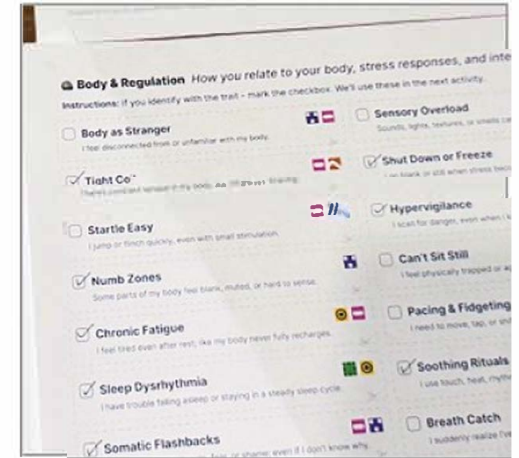
Your Inner Constellation - Part 1 Insights

Part 1: Trait Reflection – What Stood Out?

Now that you've identified traits that feel familiar or true, take a moment to reflect.

- Which traits felt obvious? Which ones surprised you?
- Were there categories where you marked more traits or fewer?
- Are there traits that feel hard to admit, but still true?
- Did anything feel like a relief to see in words?

Remember, this is just a snapshot of where you're at today. If you selected more or fewer traits than expected, that's okay. Sometimes patterns take time to notice. The visual maps in Part 2 help explore the traits further, but you can always pause here!



🌟 The next few pages will walk you through the reference profile icons and offer a soft interpretation of your trait patterns.

Reference Profiles:

These icons loosely group traits based on patterns seen in profiles like ADHD, Autism, CPTSD, and related experiences.

These groupings **aren't meant to diagnose**. They're just one way to notice if some of your traits tend to show up together in known patterns. Some traits may fall under several profiles. Others may stand on their own. You can use these as:

- A starting point for curiosity or conversation
- A way to spot connections or overlaps you hadn't noticed
- A soft structure to reflect on how your brain, body, and history shape you

Profile Icons



ADHD: traits common in attention/dysregulation neurotypes



Autism (AUTI): traits related to sensory/social/cognitive patterning



Complex Trauma (CPTSD): traits related to shame, emotional flooding, survival



Dissociation (DISS): traits tied to identity fragmentation, spacing out, etc.



Emotional Instability (EMOT): traits related to intensity, abandonment, swings



Mood & Energy (MOOD): traits related to energy/mood shifts and cycling

Your Inner Constellation - Part 1 Insights

Adding Up Your Profile Scores (Optional)

This step helps you explore how often the traits you selected align with different profile icons. These icons aren't diagnostic but they can offer insight into how your experiences may group around certain themes (e.g. attention, sensory, emotional sensitivity).

The numbers you see reflect patterns in your responses. They don't mean something is "wrong" or fixed. They're simply one way to better understand how your traits may relate to common neurodivergent or trauma-informed profiles.

Use the next page, *Understanding Your Profile Scores*, as a soft guide to reflect on what these numbers might mean for you.

Profile Counts

For each profile icon, count how many trait cards you selected that include that icon. If you tracked your selections on the trait pages, you can copy that data here. Then calculate the percentage for each profile.

	ADHD		___ / 14	+		___ / 2	+		___ / 2	+		___ / 4	=	___ / 22	___ %
	AUTI		___ / 12	+		___ / 5	+		___ / 6	+		___ / 5	=	___ / 28	___ %
	CPTSD		___ / 4	+		___ / 9	+		___ / 11	+		___ / 10	=	___ / 34	___ %
	DISS		___ / 4	+		___ / 10	+		___ / 7	+		___ / 7	=	___ / 28	___ %
	EMOT		___ / 4	+		___ / 3	+		___ / 9	+		___ / 2	=	___ / 18	___ %
	MOOD		___ / 2	+		___ / 2	+		___ / 0	+		___ / 4	=	___ / 8	___ %

*Example: if you marked 16 traits that include the Autism Profile icon. There are 26 traits total with Autism overlays, so... $16 \div 26 = \sim 62\%$



Your Inner Constellation - Part 1 Interpretation

Part 1: Understanding Your Profile Scores 1

Each score shows what percentage of traits you selected that align with a particular profile. These numbers can highlight patterns in your experiences—but they aren't meant to box you in. Instead, think of them as soft markers for reflection.

ADHD Profile

0%-30%

You may not relate to ADHD-related patterns, or perhaps your experiences show up in other ways.

30%-60%

Some ADHD traits may shape how you focus, initiate tasks, or manage energy.

60% +

These traits may show up often and across settings. You may want to explore how attention, impulsivity, or executive function impacts your daily life.

Autism (AUTI) Profile

0%-30%

You may not relate to sensory/social-cognitive differences in this tool, or may experience them differently.

30%-60%

Some patterns may reflect autism-adjacent traits, like sensory needs, intense interests, or communication styles.

60% +

These patterns may reflect a strong neurotype alignment. You might explore this further through reading or discussion with someone affirming and informed.

Complex Trauma (CPTSD) Profile

0%-30%

Trauma-related traits may not be central to your daily experience, or may show up in subtler ways.

30%-60%

Some traits may reflect past survival adaptations, like emotional flooding or shame.

60% +

These traits may have a strong presence in your life. You might consider working with a trauma-informed therapist to support healing.



Your Inner Constellation - Part 1 Interpretation

Part 1: Understanding Your Profile Scores 2

Each score shows what percentage of traits you selected that align with a particular profile. These numbers can highlight patterns in your experiences—but they aren't meant to box you in. Instead, think of them as soft markers for reflection.

Dissociation (DISS) Profile

0%-30%

Dissociation might not be a dominant pattern, or you may not identify with spacing out, memory gaps, or identity fragmentation.

30%-60%

You might notice occasional disconnects from your body, memory, or sense of self.

60% +

These patterns may impact daily functioning. Grounding, creative tools, and identity work may be helpful supports.

Emotional Instability (EMOTI) Profile

0%-30%

Emotional intensity or sensitivity may not stand out for you, or may be well-regulated.

30%-60%

You may notice relational sensitivity, swings, or fear of abandonment.

60% +

Intense emotions may be a core part of your experience. You might explore emotional regulation or attachment work.

Mood & Energy Cycling (MOOD) Profile

0%-30%

Mood shifts may be minimal or not distressing.

30%-60%

You may notice some variation in energy, focus, or motivation.

60% +

Cycles of high and low energy or mood may impact your life. You might explore rhythms and regulation, or speak with a provider about bipolar-spectrum traits.

These ranges are just starting points. A higher score doesn't mean something is "wrong," and a lower score doesn't mean something is missing. Use what feels useful—and leave the rest.

Your Inner Constellation - Part 2

Part 2: Constellation Mapping

Visualize how these traits show up in your life. (~20-40 min)

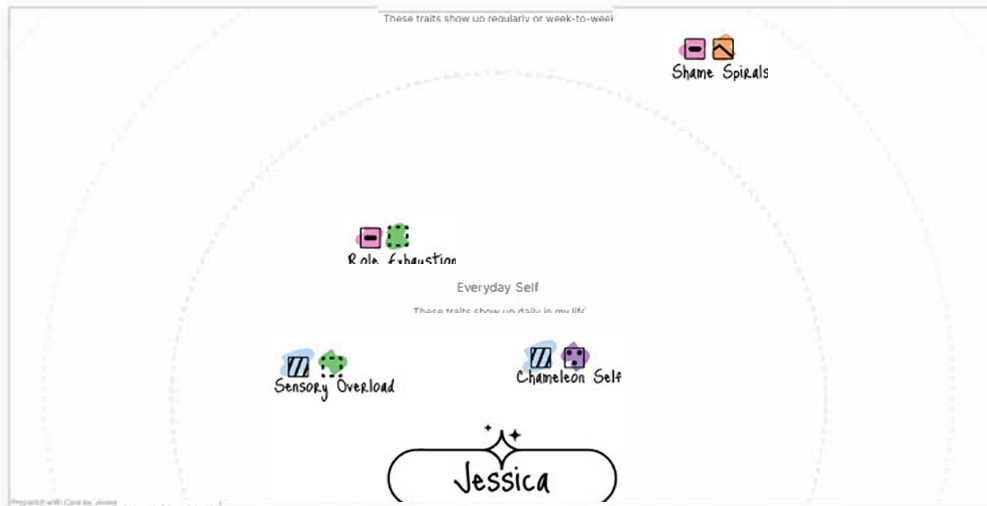
Now that you've identified your traits in Part 1, let's visually explore them on our constellation map in Part 2!

Using one of the constellation maps, **write your name in the star space** and then **place each trait closer to it if it shows up more often, and farther away if it's less frequent**. You can also group traits that tend to show up together or leave them separate - it's up to you! Remember, it's not about perfection, just reflection!

Hand-Written (option 1)

- Copy each trait you selected from Part 1 onto the map.
- As you write, place them in positions that feel right.

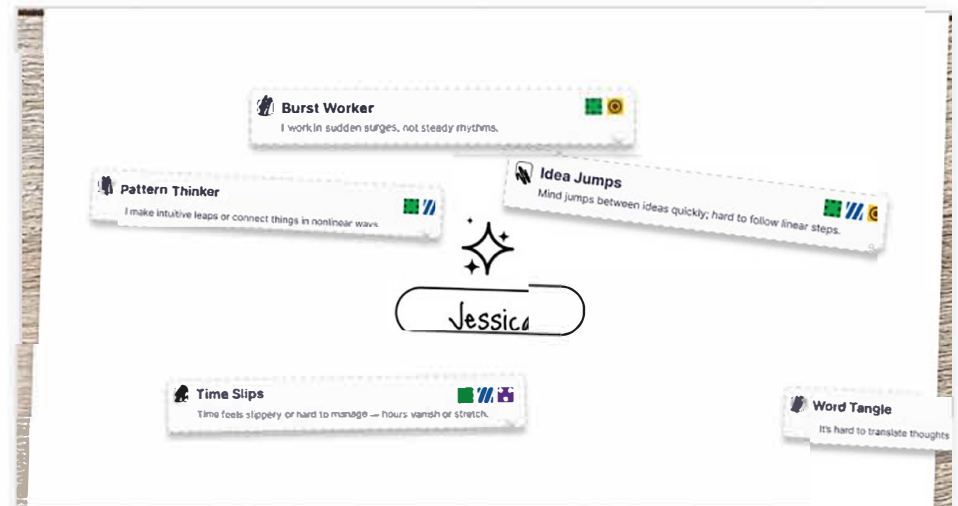
 **Optional:** Use color (e.g. highlighters) and/or draw icons to mark which symptom clusters each trait overlaps with



Cut-Out (option 2)

- Cut out the trait cards you selected in Part 1.
- Arrange them in positions that feel right.

 **Optional:** Take a photo to keep or share with a therapist, provider, or just for yourself.



 **Which map should I use?** Map 1 includes rings that match the reflection prompts on the next page. Other maps offer additional self-exploration models that can help with diving deeper. We recommend using the "cut-out" version if you intend to use more than one map.

Constellation Map 1 (FREQUENCY): The closer you place a trait to your name, the more intense this shows up in your day-to-day life.

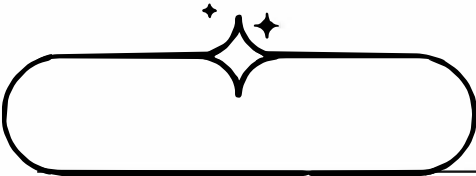
- ADHD
- AUT
- CPTSD
- DISS
- EMOT
- MOOD

Dormant
These traits occur sparingly.

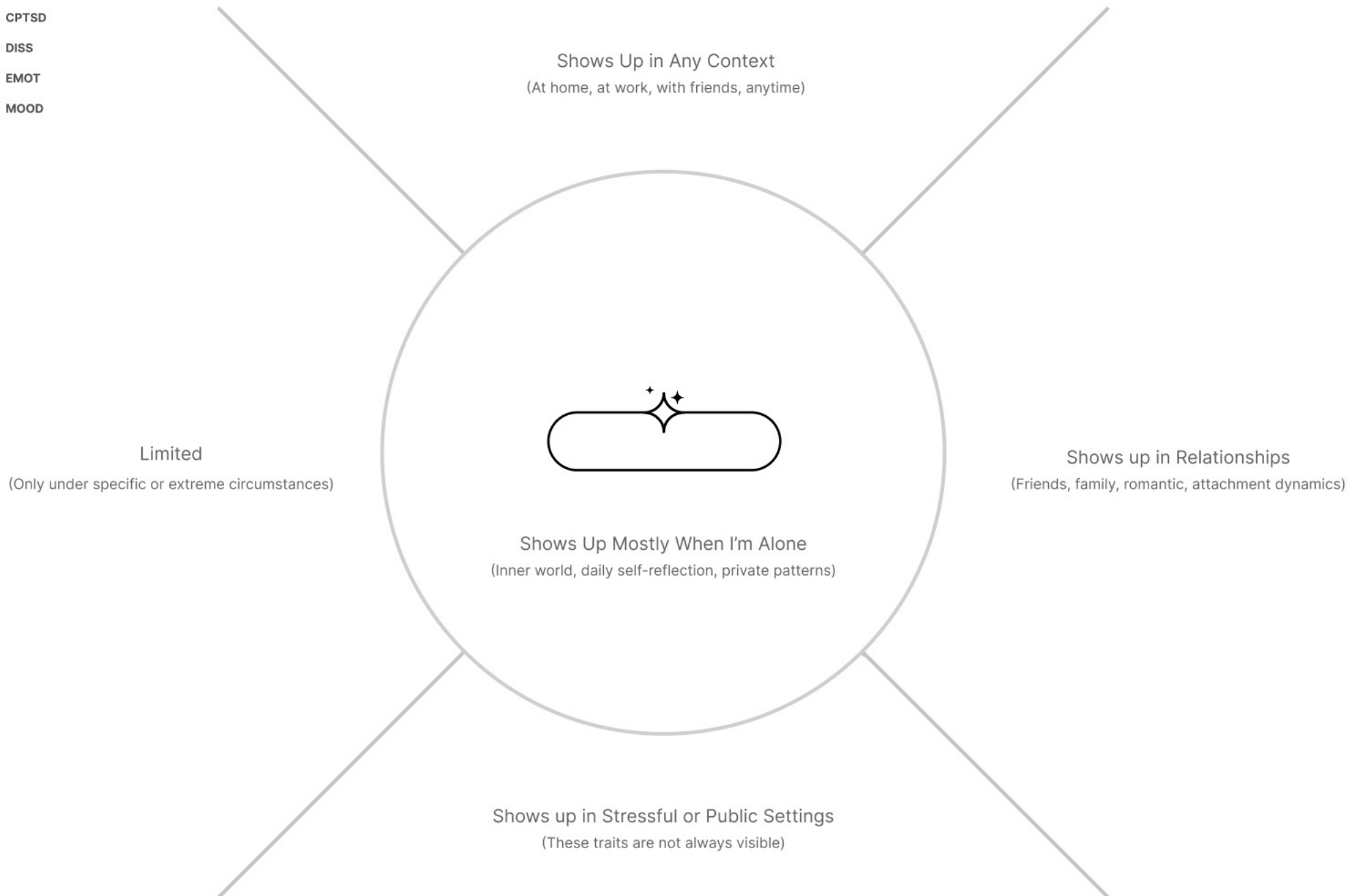
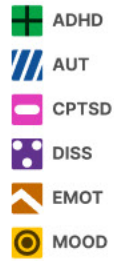
Sometimes Present
(These traits are not always visible.)

Often Present
(These traits show up regularly or week-to-week.)

Everyday Self
(These traits show up daily in my life.)

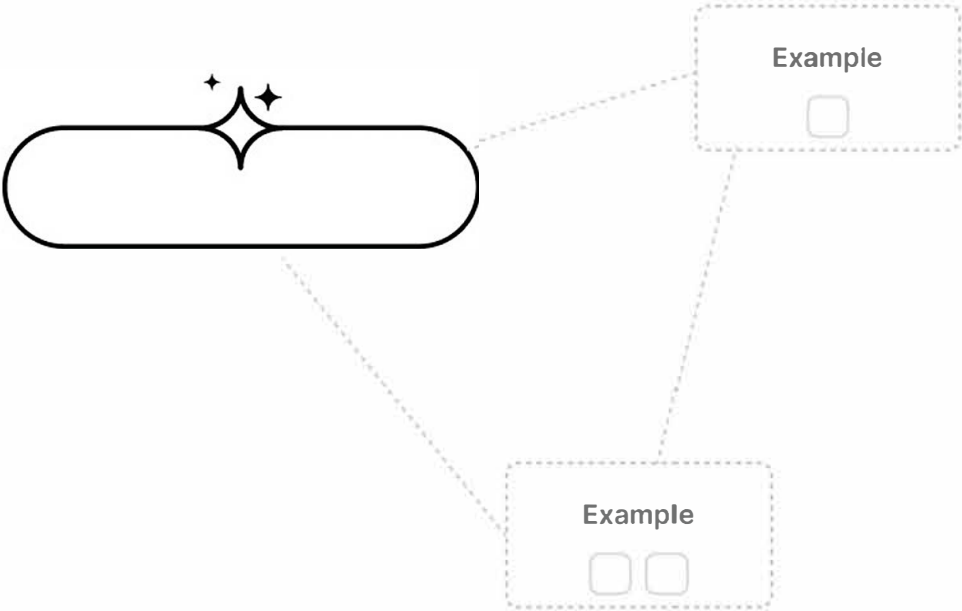


Constellation Map 2 (CONTEXT): : The closer you place a trait to your name, the more intense this shows up in your day-to-day life.



Constellation Map 3 (CORE): After you've identified some core traits, let's take a closer look. Choose a few traits that feel connected, important, or like they belong together. Map them around your central star (write your name inside). Two example boxes are included—feel free to write over them or add your own.

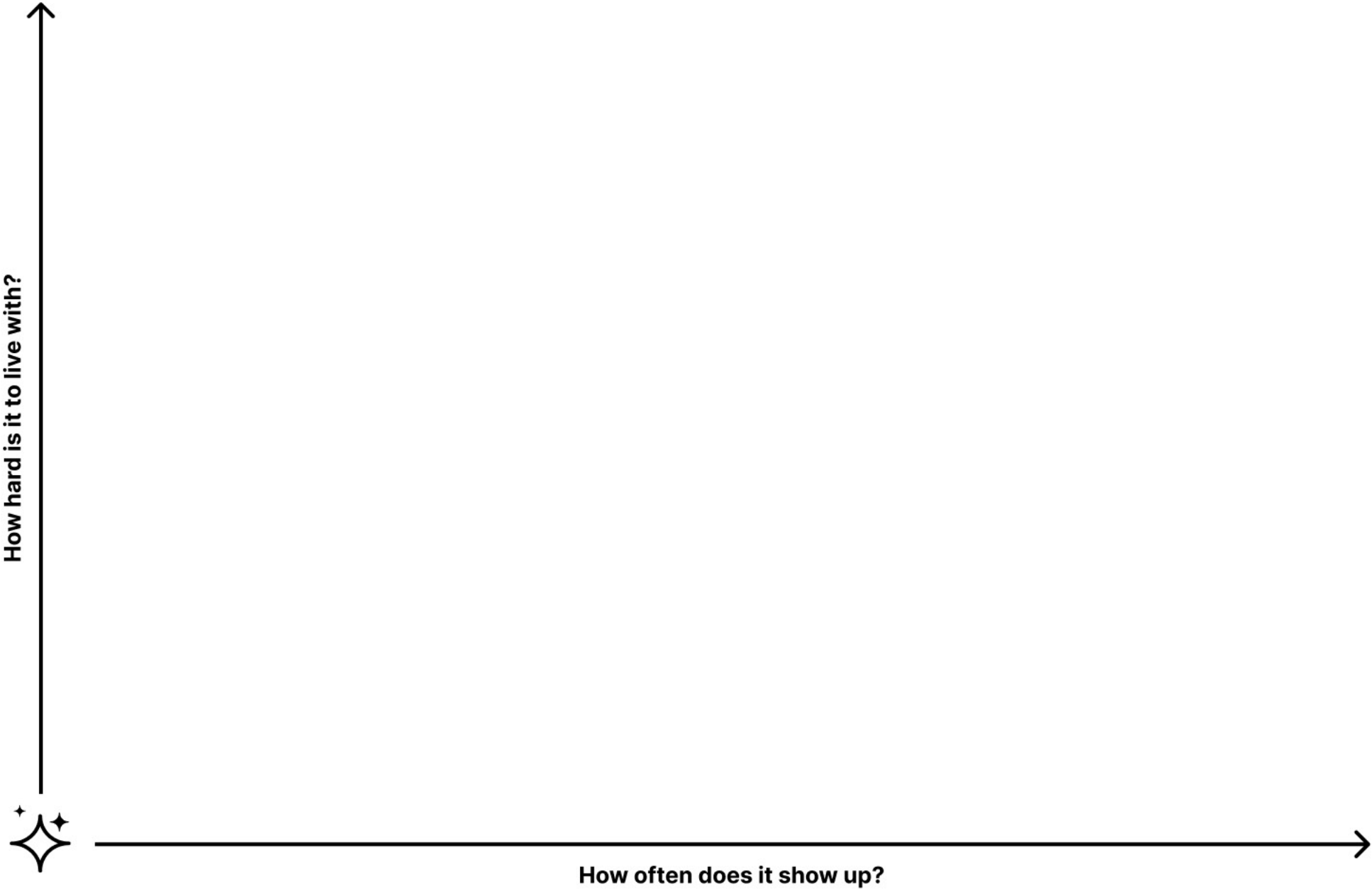
- ADHD
- AUT
- CPTSD
- DISS
- EMOT
- MOOD



👉 What do these traits have in common? How do they influence one another — or shape how I move through the world?

Constellation Map 4 (IMPACT): : Place traits on the map based on how often they show up and how hard they are to live with. Closer to the top-right = traits that show up a lot and feel especially difficult. There's no right answer — just what feels true for you.

 ADHD  AUT  CPTSD  DISS  EMOT  MOOD



Your Inner Constellation- Part 2 (Insights)

Part 2: Constellation Mapping - What stood out? (Map 1)

Now that you've placed your traits on the map, take a moment to step back and notice what stands out. *Note these reflections apply primarily to Map 1.*

- Which profile icons or colors show up most in the *Everyday Self* zone?
- Are there any traits that landed in the outer rings?
- Do certain traits show up close to your name with multiple icons?
- Are some colors or patterns spread across the whole map?

These observations might show:

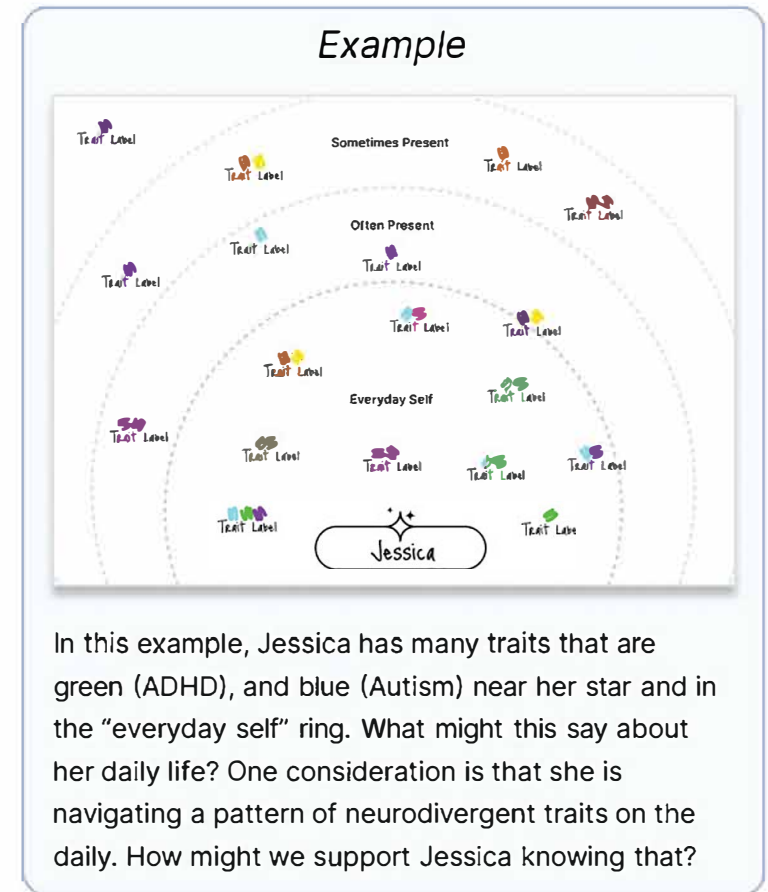
- Patterns that are part of your daily life
- Traits that flare up during stress or shift over time
- Layers of experience that connect different parts of you

You don't have to decode everything right now. Just notice what catches your eye and what feelings come with it. Remember, it isn't about being perfect. It's about being curious!

Reflect & Record

Use these journaling prompts to further explore this map:

- What surprises me about what I see?
- What traits feel like "me," and which feel more like protection or survival?
- What would I like to explore more or share with someone I trust?
- Are there traits I tend to hide; even from myself?
- What traits feel steady over time vs. recent or shifting?



Your Inner Constellation- Wrapping Up

What Now?

Congrats!! You've just completed something courageous — taking time to understand your inner world. As a reminder, this definitely isn't a diagnostic tool, but a reflection space. You may walk away feeling seen, curious, uncertain, or validated.

All of it is welcome. So, what's Next?

You might choose to:

- Share your reflections with a therapist or trusted support person
- Pick one insight to explore more deeply
- Use this map as a grounding reference in future moments
- Revisit it later — it can evolve with you over time

Optional Resources

If you're interested in learning more, here are a few places to start:

- **Self-assessments:** RAADS-R, CAT-Q, PCL-5, and others available online
- **Books:** *The Deepest Well* by Nadine Burke Harris, *Divergent Mind* by Jenara Nerenberg
- **Podcasts & Support Spaces:** Neurodivergent community groups, trauma-informed wellness podcasts, or affirming therapists

A Final Note of Encouragement:

There's nothing wrong with you.

Many of these traits reflect how you've adapted, survived, or simply how your brain is wired. Self-understanding is the first step toward self-compassion! 💖

Lastly, thank you for being brave enough to try this tool. If you have feedback, you're welcome to contact the author directly.

Your Inner Constellation - References

Created with care by Jessica Loredo, MA Counseling Student, Artist, and Neurodivergent Educator (2025)

This tool was developed as a creative, trauma- and neurodivergence-informed resource to support reflection, self-understanding, and gentle pattern recognition. It is not a diagnostic tool, but it draws on patterns commonly observed in the following areas of mental health and neurodevelopment:

Trait Themes + Cluster Inspirations:

ADHD Profile: Executive dysfunction, time distortion, motivational dysregulation

- Informed by: Russell Barkley, Ari Tuckman, ADHD 2.0 (Hallowell & Ratey), DSM-5-TR, lived experience.

Autism Profile: Sensory sensitivity, cognitive processing, social reciprocity differences

- Informed by: The DSM-5-TR, neurodivergent authors such as Devon Price, and the GQ-ASC/RAADS-R screeners.

Complex PTSD: Shame cycles, survival-based coping, emotional flooding

- Informed by: Judith Herman, Janina Fisher, Pete Walker's work on CPTSD.

Dissociation/Identity Fragmentation: Parts language, memory gaps, depersonalization

- Informed by: The Structural Dissociation model (van der Hart, Nijenhuis & Steele), ISSTD guidelines, and lived DID system perspectives.

Emotional Instability: Intense affect, abandonment fear, reactive spirals

- Informed by: DBT frameworks (Linehan), BPD clinical profiles, and trauma-informed emotional regulation research.

Mood/Energy Cycling: Shifts in activity levels, sleep, energy, or mood

- Informed by: Bipolar I/II diagnostic criteria (DSM-5-TR), lived experience narratives, and spectrum-informed models of mood fluctuation.

Many of the phrases used in this tool are intentionally written in accessible, everyday language—drawing from client language, trauma-informed therapy models, and lived neurodivergent experience. The intention is not to reduce complexity, but to invite reflection and meaning-making without clinical gatekeeping.

For questions, feedback, or permission to adapt/share commercially: jessicamlored@gmail.com

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