

Writing Your “Life Narrative” to Help With Assessment

TL;DR · QUICK SUMMARY

- A life narrative is a written account of your experiences across childhood, school, work and relationships.
- It helps you organise your thoughts and gives assessors useful, specific context.
- It doesn't need to be polished; clarity and honesty matter more than style.
- Writing it can be an emotional process. Take breaks and go at your own pace.

A Note Before You Read On

This resource offers general guidance and reflects common experience, not professional, legal, medical or financial advice. It is not a substitute for employment law, HR policy, occupational health guidance, or individual professional assessment. Every person's experience of neurodivergence is different, so please adapt anything here to your own situation. The Uniquely Wired Network does not accept liability for decisions, actions or outcomes arising from the use of this material. If you need advice specific to your circumstances, please consult a qualified professional (e.g. HR, legal, medical, or financial advisor).

Why This Matters

Recalling specific examples on the spot during an appointment is hard for anyone. Writing your narrative in advance means you arrive with clear, considered examples rather than relying on memory in the moment.

What This Might Look Like

- Starting with early childhood memories and working forward chronologically.
- Noticing patterns you hadn't consciously connected before.
- Feeling surprisingly emotional while writing about certain periods of your life.

A Simple Structure to Follow

Early years and school

- What were you like as a young child? Any early differences noticed by others?
- How did you experience school, socially, academically, sensorially?

Teens and early adulthood

- Friendships, identity, any struggles with change or transition (e.g. starting college/university).
- How you coped, and whether that coping has felt sustainable.

Work and relationships

- Patterns across jobs: what's worked well, what hasn't, and why.
- How you experience relationships, communication, and social energy.

Present day

- What's prompted you to explore this now?
- What specifically feels hard, different, or worth understanding better?

Helpful Phrases You Can Borrow

You don't have to use these exact words. Take what fits and leave the rest.

"I've written a short life narrative to bring to the appointment. Would it help if I shared it with you in advance?"

Quick Tips

- Write in whatever format is easiest; bullet points are fine, it doesn't need to be an essay.
- Use specific examples rather than general statements where possible.
- It's okay to write it over several sittings; this can be emotionally tiring.
- You don't have to share every detail. Include what feels relevant.
- Ask a trusted person to read it back to you if that's helpful.
- Keep a copy for yourself; many people find it useful to reread later.

Want to Know More?

- See our companion guide: “Gathering Evidence” for sources to draw on while writing.
- Some people find voice-recording their thoughts first, then transcribing, easier than writing directly.

Before You Go

Writing your story is powerful, whatever it's used for afterward.

You don't need permission to take up this much space describing your own life.