

# THE TOP 10 UNHEALTHY HABITS HOLDING YOU BACK IN YOUR NEURODIVERSE RELATIONSHIP



## AND TIPS FOR A HAPPIER LIFE

publication date 2023 -- version 2 -- written and published by Natalie Roberts -- all rights reserved

This publication may not be reproduced without written permission from the author. You may store the PDF on your computer and backups and print it for your personal use. If you know someone else who might benefit from this information, please send them to my website where they can download it too.

Information is based on the author's experience, knowledge and opinions. The author will not be liable for use or misuse of information in this article.

## The Top 10 Unhealthy Habits Holding You Back In Your Neurodiverse Relationship

Thank you for downloading this article.

***The purpose of sharing these unhealthy habits is because knowing about them will get you in a far better place than you currently are.***

***I fully appreciate that this article will challenge your thinking about your situation, but if no one shines a light on it, it will only get worse.***

The article relates my journey, what I recognised in myself, and how I turned it around. As such, the words and images reflect a woman's point of view. I know that men can experience the same.

At the end of each section there is a question worth taking time to deliberate and reflect on. The more time you take to fully engage with each of these questions, the more you will get out of them. If finding essential time for you is difficult, you could try setting aside time over a few days.

I can assure you, I've been through every one of these and there's a positive end. I'm here to help you face it, overcome it and embrace it... so let's get going.

Do you recognise your situation below?

- *My partner has an autism diagnosis or self-identifies as autistic/neurodivergent*
- *I suspect neurodiversity may explain what I've experienced in my relationship*
- *One or more of my children has been assessed/diagnosed and I'm noticing the same traits in my partner and/or myself*

Whatever prompted you to request this article, you've arrived in safe hands. This new information about your relationship has likely prompted you to think about what all this means for you. Maybe you've wondered for years what's wrong and finally you've been given a label for it. That was me.

I'd been married for more than 15 years when we found out my husband is autistic (the label used then was Asperger's Syndrome). It felt like arriving in a foreign land, with no map! I set about reading textbooks and travel guides for this 'new land', learning from others how to navigate its perils, dangers and obstacles until, in time, I've also discovered its attractions, its beauties and a way to inhabit this land I'd been living in all along.

Early on in my journey I discovered Katrin Bentley's poem about The Cactus and The Rose. A dam of tears was released when I read it the first time. In Katrin's analogy, I hadn't realised I was married to a cactus, or that I was a rose. Over time, both of us had tried to resemble the other, and I'd died emotionally and socially in the process. I hadn't realised how far from myself I'd travelled. I was physically alive, but I felt dead inside.

Around the same time I realised I was experiencing a collection of symptoms that have been labelled a number of different things over the years – Cassandra Syndrome, OTRS (Ongoing Trauma Relationship Syndrome), Affective Deprivation Disorder.

Realising more and more about my partner and neurodiversity was useful. I learnt some tactics that I tried. Whilst the poem, the descriptions of Cassandra/OTRS and knowledge about neurodiversity were all illuminating and hugely validating, it wasn't the whole story. Later on I realised how much all this had impacted my partner too, for his whole life but let's stick with me... and you!

Everything I'd read suggested that surviving in my relationship was the best I could hope for and that my partner couldn't change. Some even said I would need to leave to recover and it was bound to get worse as he got older. NONE of the suggested solutions I found worked in the day-to-day life I was living. My partner wasn't interested in working on 'us'. In the end, I felt as confused as ever about how to sort everything out. I was depressed. I wasn't sleeping properly. And we still weren't happy.

In fact, beyond the impact of unknown neurodiversity, so much more was going on and that's what I'm passionate about sharing with others who find themselves in the same situation as me.

It was subsequent realisations about me, and working on those, where the real magic happened. Recognising the unhealthy habits and then discovering new healthy beliefs and behaviours were like CPR for my soul.

I began to thrive as a rose in a relationship that sometimes still felt like a desert! Now? My relationship is transformed. We know each other better than ever, old hurts are healed and we've been finding our way back to each other.



It's been challenging often and I've lived to the edges of my marriage several times since 2014. Each time, an unexpected path ahead has unfolded. The most significant new truth I've lived into?...

**Symptoms of Cassandra Syndrome/OTRS are reversible once you know about it.**  
**The impact of unknown neurodiversity is reversible once you know about it.**

By avoiding the following unhealthy habits, you can begin to reverse the impact... and be YOU again!

Natalie x

## Unhealthy Habit 1: Being a People Pleaser



We're the solvers, the helpers, the fixers. Tell us a problem, any problem pretty much, and we'll be working overdrive to help figure it out...and we're good at it too! We have solutions, we can find answers, we can organise. Recognise yourself?

How can this possibly be unhealthy?... I can hear you asking... I said the very same!

The thing is, we tend to solve issues even when people haven't asked. We solve and help at the cost of our own time, energy, wellbeing and in the end, our very self. We wonder why everyone else doesn't help like we do. Surely, it's what we should all be doing for each other – compassion, kindness, helping. Why wouldn't you? This can fuel us to help even more, to compensate for the lack of others' helping. In our relationships, we take on the role of helper for every situation – household, children, holidays, family and friends – because our partner either doesn't attempt to or falls far short of what we think good helping looks like.

I understand. I'm a recovering people pleaser!

***People pleasing is mentally and physically exhausting. Stop being the only one trying to fix everyone and everything because you will end up losing yourself trying to save everyone else.***

I learned to say no. I learned not to help unless asked for it. I learned to help from the capacity I have. I could easily slip back now, but I know I'm helping no one by behaving like that. I'll make a rod for my own back. I'll teach my children an unhealthy habit and they won't learn to help themselves.

So now I override my natural tendency for the good of the family, as well as myself...

...and you can too!



**If you've recognised yourself as a people pleaser, what impact is your people pleasing way of life having on your relationship and family?**



## Unhealthy Habit 2: Putting Your Needs Last

Your partner has an amazing knack of making sure they do what they want to and get what they need... Going to the gym? Spending time on their hobby or special interest? Avoiding social events? Pursuing their career? You'll know others!



Meanwhile, you can't remember the last time you had a night out, let alone a weekend away, with your friends. Maybe you've reduced your hours or given up work altogether to be the main caregiver for the family. Family days and holidays, even weekends, have become so difficult you wonder why you bother planning them at all. You struggle to prioritise your needs above the needs of your partner and family. These demands and their effects may have led you to visit your GP. At its worst, you are self-medicating as a coping strategy – alcohol, sugar, over-eating, spending money. You may have decided to take anti-depressants or anti-anxiety medication to get through what's happening. You may be experiencing other physical symptoms. Ring any bells?

***You carry so much love in your heart – give some to yourself.***

I've been there. For me it was food, and particularly sugar. I was also advised by a GP and a counsellor to take anti-depressants, which alter your body and brain chemistry. All of these 'medicines' numb what's really going on and enable you to get through the day-to-day on some kind of autopilot.

I managed to avoid the anti-depressants with a different approach. I discovered what my needs were – I'd forgotten I had any! I learned to put myself first which didn't mean forgetting about the needs of my partner and family. I discovered I am better with everyone else when I'm better with me first. Self-care isn't selfish – it's critical and a priority so that you can be your best for those you love.



**What have You been doing that isn't working?**

## Unhealthy Habit 3: Over-accommodating Your Partner's Needs



This was a biggie for me! I'd altered myself beyond recognition and I hadn't even realised!

The best way I can describe it is a slow and silent haemorrhage of the soul. It can impact every area of your life – when you wake, who you see, what you say, what you do, when you'll be home, what you eat, when you eat, where you go, when you sleep, what you wear – your own preferences eroded a little

at a time. They're the kind of things you're not telling people you do because it sounds crazy, but you don't know another way anymore.

I remember one occasion of massive realisation. I was standing in a shoe shop with a friend as she picked out a whole variety of shoes to try on and I was paralysed. I watched her in awe, I didn't know how she was doing that. As I looked around the shop, I only knew the shoes my partner would like. My preferences and, with it, my identity were lost.

At one point my partner even asked me 'what happened to your sparkling eyes?' The essence of me had dissolved. I used to be a vibrant, sociable and spontaneous woman – she had disappeared along the way. It was a significant realisation about the effect of my relationship on me.

I have two children. What had I been showing them all this time? What would be the impact of seeing this kind of relationship on the way they formed their own relationships later? I had to act now to find myself again and change the future for the sake of both myself and my family. Is this you?

***Don't let anyone dull your sparkle.***

I've learned to restore my sparkle and then hold on tight to it in the harshest of times. You can too. By the same token, I don't want my partner to be anything other than the best version of himself too so expecting him to alter for me is a no-no as well!

Done with shoulds, ought-to's and have-to's? There is another way.



**In what ways do you feel an altered person?**

## Unhealthy Habit 4: Trying to Fix or Change Your Partner

If they'd only spend more time with me and with the children, we'd all be happier. If they spent less time on their own stuff and paid more attention to me, we'd be happier. If they listened better or planned their day or week better, it wouldn't all be down to me to sort everything. If they could look after the children like I do, I could go out. Sound something like you?



Let's be honest, even before you knew about neurodiversity you knew what needed to be different so that everyone could be happier, so the household could run more smoothly. Now you know what you're dealing with, if you can find out what they need to do, it will finally all be ok.

I thought so too! I read books and articles. I watched videos and TV programmes. I tried to explain to my husband what he needed to sort out. It fell on deaf ears and things got worse, not better.

***You can't change another person. You can only change yourself.***

Me change? I'm doing a fab job! I'm keeping the show on the road, keeping the ship afloat! I found this was one of the hardest lessons of all. Work on me while my partner continues just the same as before?

Think about it though – your resistance to changing yourself is no different than theirs. No one wants to be changed. Change has to be on our own terms. Everyone will process a neurodiversity discovery differently. My husband accepted it but it was information. He was fine. It was me that seemed to have all the issues and wanted things to change and be different.

To create a happier life for yourself and your family, you will need to stop trying to change others. If you want something to change, you will need to change yourself and discover new ways to relate to others. Your relationship with yourself sets the tone for every other relationship you have.



**What shape peg are you trying to fit into what shape hole?**

## Unhealthy Habit 5: Expecting Your Partner to Fulfil All Your Needs



Think back to when you first met your partner. Everything seemed perfect. Your partner was attentive and kind. Ticked all your boxes. The key to fit your lock. It sounds slushy and sentimental but that's how it felt wasn't it? It felt like you wouldn't ever need anyone else. You'd live happily ever after. Right? Wrong!

Expecting to get all your needs met from your relationship is a massive mistake. We have a set of expectations and we think the person

we've found will meet them. In any relationship, no matter how healthy or long lasting, it's important to understand that one person can't be everything for you. I can remember thinking that my partner was expecting too much of me. I realise now that I was expecting too much from him too – what a hypocrite!

This is a habit because happiness, joy and fulfilment come from within you. If I asked you to name all the things that you love, how long would it take to name yourself?

***Don't put the keys to your happiness in someone else's pocket.***

***Fall in love with yourself first. You will have so much more to give others.***

I learned to love myself and meet many of my own emotional needs – such as self-esteem, self-care, confidence, inspiration, motivation. From this place, I am better able to give love unconditionally.

A good example is fun... I remember asking my husband what it meant...he couldn't give me an answer. He had no idea what it was! And yet I'd been expecting to have fun with him! He doesn't need it... I do... so I've found other people to have fun with!

If this feels like the unhealthiest habit for you, it's so important to get started because Happiness, Joy and Fulfilment are waiting to meet you and be welcomed into your life....



**How do you look after your social and emotional needs?**



## Unhealthy Habit 6: Dropping Out of the Social Scene

This is another one that happens slowly. See if any of these ring true for you:

- Going out has become a trauma not a pleasure so you simply stop arranging to do it.
- Your partner wants to know who you're seeing, what for, when you'll be back. It gets tedious and, in the end, so tiring that you can't be bothered anymore.
- You find you have less and less in common with other people. They are socialising as a couple, they go on happy holidays. All the while, you know your relationship doesn't look so rosy behind closed doors.
- People don't understand when you try to explain what's going on, maybe even dismiss your concerns. After a while you stop talking about it. In the end you stop seeing them altogether.
- You may have stopped inviting your friends and family to your house because they get a frosty reception or there is major fallout afterwards.



It's likely that your partner was attracted to your vibrancy, to the ease with which you converse and your skills in social situations. However, your chatter, your sparkle and your need to spend time with others can be overwhelming to them and little by little they diminish and even destroy the very attributes of you they loved in the beginning.

***Surround yourself with people who add to your peace, not your problems.***

Restoring your social wellbeing from scratch is one heck of a mountain to climb. Reconnecting with friends, finding confidence to try new things or going to events on your own is daunting. Telling your partner you're going to do more of this stuff fills you with dread. I know that dread well, but to recover yourself you're going to have to face it. Over time, I created a supportive social network where I can have fun, laugh, chat and be spontaneous. I can hear all the reasons in your head why that's not possible because I said them all to myself as well in the beginning. You can start small... but you have to start. Now is the best time to begin so that you can reignite the sparkling personality that's retreated within.



**Who have you become disconnected from?**



## Unhealthy Habit 7: No Boundaries

Oh my goodness, I wish 'relationship boundaries' had been on the school curriculum! This was one of the biggest realisations for me. How bad could it be? Really bad, apparently! When presented with a list of boundaries in unhealthy relationships, I thought I might tick one or two. Relationships are all about compromise right? Wrong! I ticked 70% of the boundaries in the list! So what kind of thing are we talking about here? Let me share a few...

- Unclear about your preferences
- Finding yourself doing more and more for less and less
- Giving up on things that make you feel happy and fulfilled
- Living in hope while wishing and waiting for something to change
- Seeing your partner as the cause of your feelings of sorrow/joy/wellbeing
- Compromising yourself whilst you inwardly resist or resent
- Often feel afraid, confused or that you are losing your sanity
- Living a life that is not yours and feels unchangeable



Choose one boundary to work on was the advice... 'What?!' I thought...I can't possibly change any of these. My partner will have a fit! I had no idea where to begin to make changes like this.

But change them I did and change them you must if you want to be a happier you.

***'Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others' (Brené Brown)***

The idea of disappointing someone else was alien to me. Learning the lesson was even harder. You know what though... life is amazing when you know what boundaries you want, you communicate them clearly and you hold yourself to them as well, without being overly concerned about the other person's reaction. You will actually gain more respect, more validation and feel more in control of your life. Putting yourself first really is best for you and for everyone else.



**What new boundaries would you like to apply to your life right now?**

## Unhealthy Habit 8: Losing Your Voice



Conversations cut short. Emotions ignored and criticised. Opinions overlooked. This is tough stuff to endure day after day, month after month, year after year. You find yourself saying the same things over and over to be understood, to be heard. Harsh words in response. Silences. Your children may be enduring the same struggle to communicate with their parent and feel they can't say what they really want to. Opinions and expectations are black and white, usually extreme and non-negotiable. There's no grey, no maybe. No room for discussion.

You decide not to even start a conversation because you know how it will end. Some issues simply go round and round in circles. Emotions on display and challenging conversations trigger strange questions, distant behaviour, withdrawal for hours or even days at a time. I didn't cry for at least 10 years because there was no reciprocal emotional warmth or support.

Previous habits listed have already offered some clues about why we endure these behaviours. One result is often that you lose your voice.

We don't have the words, nor often the energy, to speak up anymore. Our partners' responses confuse and makes us question our thinking, our emotional responses, our own sanity even. Over time, emotional shutdown feels inescapable.

### ***Find your voice. Sing your song again.***

Understanding why all this happens, learning new strategies, new language, new rules of engagement are necessary to inhabit this new land. But more important is you beginning to express yourself again – with your physical voice and your emotional voice. Letting tears flow may be a first vulnerable and essential step.

No more being quiet, being unemotional, holding your tongue. Find your voice again and it will reveal your deepest longings for the happier life that's waiting for you.



**In what ways do you limit your voice?**

## Unhealthy Habit 9: Walking on Eggshells

My partner likes peas with every meal. No peas = major problem. No peas = crisis. I remember running out of peas once and driving miles to buy peas before he got home so the perceived crisis was averted before he was even aware of it!

On 24/7 high alert.

Anticipating everything that might happen and planning accordingly. One minute everything's ok and the next it's a nightmare and you've got to sort it.

Sound like you?

It's exhausting.

You've become an expert at thinking at least 10 or even 20 moves ahead at any time on any given day. Life feels like walking on eggshells to prevent responses that include anger, rudeness, erratic behaviour, tantrums, complaint, criticism, demands, bad moods and irritation.



Out of love, care and necessity we continue because if we didn't, things would be even worse. 'If I don't, no one else will.'

Done with trying to figure it all out? Planning everything? Seeing all the possibilities before you've begun? Living in the future moment every day means you're not experiencing or enjoying real life at all!

***If you're always racing to the next moment, what happens to the one you're in?  
Live in the present. Be present. Every day.***

Mindfulness is becoming more and more popular. Its fundamental principle is to live more and more of your life in the present moment. When you've become an expert at living in future moments, it's a lesson that takes time and practice but, my goodness, you'll feel the benefits one thousand fold I can assure you....it also now means I run out of peas sometimes!...and that's ok.



**What are you doing or not doing for  
fear of what might happen?**

## Unhealthy Habit 10: Parenting Your Partner

This is a really big no-no but it's so common in relationships. The signs could be...

You constantly remind... dare I mention the word... nag?! You organise everything and give out instructions.

You're the go-to for everything. You like to be in charge or you don't trust your partner to get it done.

When it comes to parenting, the children are your responsibility. Always. You may hesitate to leave them in your partner's care. Their parenting falls short of your standards and expectations.



Your partner seems unconfident, disinterested or incompetent. You expected a relationship with an equal, not someone who behaves like a child, right?

***A healthy relationship will bring out the best in you both, giving you room to grow and inspiring you to be better.***

Safety is obviously critical and if your partner struggles with this then you'll need to have some clear parenting agreements in place. You don't have to be in charge 24/7. I made step by step changes so that my husband organises his own life and asks for help if he needs it rather than expect or defer to me doing it more often than not. It means the help I give is what I am able to do, when I'm able to do it.... not an immediate response to a demand.

Sound impossible? I thought it did too....

There is much to learn and yet so much more happiness to gain!



**How are you treating your partner – as a soulmate or a child?**

## So, what now?

***‘Your life changes when you stop letting other people’s words and actions determine your happiness’ (Heather Rose)***

After months and months of reading and desperately trying to make things work after the neurodiversity discovery, I decided I was done with being someone I was not. I wanted to be truly happy. I wanted to be who I was born to be, who I aspired to be, and when I paused long enough to remember, I could glimpse her. I started to meet with others in the same kind of relationship and when we spent time together I glimpsed her too.

She hadn’t disappeared. She had hidden herself away and now it was time for her to come alive again. Her light had not gone out. Her embers still glowed and it was time to relight her fire.



***The most painful thing is losing yourself in the process of loving someone too much and forgetting that you are special too.***

Change is painful. But nothing is as painful as staying stuck somewhere you’re not happy. Friends and relatives may have a lot to say about what you should or shouldn’t be doing which can leave you feeling even more criticised, misunderstood and unsupported. Now you know what you know, it can still be difficult to admit you need help.



**Are you happy for things to stay as they are or are you open to finding a way to improve things?**

**If so, read on ...**

**You can experience change in less than 10 days and ‘life-changing’ in a matter of weeks!**



## Ready to Be YOU Again and Flourish?



So many who find me are exhausted and ill (emotionally, mentally and physically) because of who they've become in their relationship and in their life. They aren't who they want to be. Many have forgotten who that is and typically they're also running out of hope that anything can truly change.

I coach individuals and couples in a neurodiverse relationship to reverse the impact of unknown neurodiversity and thrive so that they can bring to life the person they are and the relationships and life they dream of.

### **Starting Right Now You Can End Your Loneliness and Despair**

Change is possible and I'm here to share it all with you.

- If you **want things to change** but it feels impossible, confusing or too hard to start.
- If you **need new ways that you can take action on urgently** so that you and your loved ones can move from surviving to thriving; in a way that everyone's needs, preferences, tolerances and aspirations can be catered for.
- If you **can't remember who you are**; you want to recover and reconnect with yourself, experience more calm and joy in your life and feel empowered to make decisions about your present and your future that feel positive and hopeful.
- If you've read books, watched videos, attended courses and events, learned a lot about neurodiversity and are **yet to find the map and ways that work** in the actual day to day life and issues you face in your neurodiverse relationship and life.
- If you've tried other forms of support, e.g. counselling, therapy, Facebook groups, peer support groups and yet you're **still struggling with the same old issues**, like you're in a hamster wheel or washing machine cycle you can't get out of!
- If you're **working on your challenges and unresolved issues alone**, without your partner or other family members alongside you or supportive of change.

....then you're in the right place!

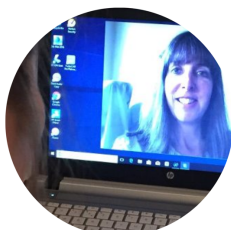
There's a different way!

## Coaching For a Different Experience ASAP!

I've designed and created transformational and surprisingly fun coaching programmes and resources to meet you where you are and support you to change your life. They're all an invitation to discover more about your situation and yourself so that you can experience a different and better experience as soon as possible. There are different ways for different preferences, different issues, different outcomes and different budgets.

Some of the most common issues I support clients with are:

- **Reviving yourself.** Reconnecting with who you are and 'Being YOU again' in your relationship and in your life. Reversing the impact of unknown neurodiversity. Reversing the symptoms of Cassandra Syndrome/OTRS.
- **Understanding more clearly** what's been going on in the past and healing past hurts so that you can move forwards with hope, the possibility of a different present and future, and for those with a family, model something healthier for your children.
- **Resolving relationship challenges** that often feel like being in a hamster wheel you can't get out of, e.g. frequent arguments or escalations, issues that go undiscussed and unresolved for years, cycles of meltdowns/shutdowns, communication, disastrous family times together, sensory difference nightmares, feeling 'alone together' in the relationship.
- **Answering the 'Stay or Go?' question.** Many clients want to know they've done everything they can for the relationship and I love to support their journey with this question. It's not as daunting as you imagine with the right support alongside you!



### Private Coaching

**100% focused on YOU! A totally personalised experience leading to more accelerated results. Coaching calls dedicated to resolving what's most challenging. Private messaging with me throughout your programme.**

Find out more [here](#) and then book a no-obligation 30-minutes in my diary [at this link](#).



### Coaching in Community

**Join me online in a positive, change-focused community vibe to meet, recover and thrive alongside others navigating lots of the same challenges as you. You're free to travel as together or as solo as you choose!**

[Browse my invitations for you here](#) and I'll see you in the one that suits you best when you're ready!

Questions? Common Questions answered [here](#) or contact me anytime [via my website](#) or via email at [natalie@natalieroberts.com](mailto:natalie@natalieroberts.com). I really look forward to hearing from you.

## Revival Retreat

A fresh and 'life-changing' new way to approach your neurodiverse relationship!

A virtual retreat with a map, tools and all the support you need to revive yourself, be YOU again and flourish in your relationship and your life. Co-hosted with [Heather Parks](#), Revival Retreat is an epic Coaching in Community adventure, inspired by our own experiences of what we needed when we were struggling most in our neurodiverse relationships. Join me in the adventure of thriving in my neurodiverse relationship and life!



New perspectives, tools and strategies combined with professional coaching and travel companions who 'get it' - all keeping you moving forwards to flourishing - personally, in your relationship and your life.

Revival Retreat includes resources to visit at 20 'landmarks' that begin with focus on Wellbeing, Defence Mode, Boundaries and Trust. The map grows as we get to know you and as you grow in awareness and confidence. Revival Retreat has a group vibe but not like a cohort all doing the exact same thing - the 'same thing' that everyone is doing is recovering themselves and navigating neurodiverse relationships. You can join anytime, wherever you are in your journey. We'll meet you there and you can start travelling with us.



*"My experience of life after only a few months in Revival Retreat is unimaginably different" - Revival Retreat Member*

*"Heather and Natalie's ability to give voice to and formulate the material in a way that resonates so deeply is next level. I feel more like myself for the first time in a long while, thanks in part to an exercise during a Fireside event plus other Revival Retreat explorations." - Revival Retreat Member*

- **Monthly subscription** - £99/\$122 per month (other currencies available)
- **You're in control** - join when you're ready, stay as long as you want, come back when you need
- **More details and sign up** [HERE](#)

Questions? Email me anytime at [natalie@natalieroberts.com](mailto:natalie@natalieroberts.com) or message +44 (0) 7977 585072.



COACHING



RESOURCES



FRIENDS



HOPE



TOGETHER



SAFE

***Sometimes the smallest step in the right direction ends up being the biggest step of your life***

When your relationship is in crisis it can be hard to reach out and ask for help and support yet professional help is just a phone call away. Taking action is the first step to getting the relationship you deserve and it couldn't be simpler to get started. I'd love to hear from you and share the hope I've experienced.

By booking a complimentary consultation with me you can take essential time out to:

- Talk about your current situation in complete confidence and with no judgement
- Find out how my pioneering 'Embrace & Thrive' approach or Coaching in Community can dramatically alleviate the stress of a relationship impacted by unknown neurodiversity/autism
- Decide your next right step... the one that works for you and your family
- Leave feeling heard and supported.

So go ahead and book your complimentary consultation on a day and at a time that suits you. You can choose one of three ways to do this:

- Book straight into my diary – <https://calendly.com/natalie-roberts432/complimentary>
- Contact me by email – [natalie@natalieroberts.com](mailto:natalie@natalieroberts.com)
- Or by phone - 07977 585072

Help is just one decision away. I'm looking forward to speaking with you.





## About Natalie

Hello! I'm Natalie. I'm an award-winning Master Coach and Mentor supporting individuals and couples in neurodiverse relationships, in the UK and internationally. I'm an [Accredited Master Coach](#). I've been coaching and mentoring for more than 20 years and my neurodiverse relationship coaching is [recommended by Tony Attwood](#). In the UK, I'm listed on the [National Autistic Society](#) professional directory.



Awarded MasterCoach Coach Of The Year in 2018, my story of recovery from Cassandra Syndrome/OTRS was published the following year in [Courage: Stories of Darkness to Light](#).

[Read my published chapter in full here!](#)

I've been with my husband, Pete, for more than 25 years. Neurodiversity arrived in our story in 2014 and I began to realise the impact of unknown neurodiversity and unhealthy relationship dynamics on both of us, our relationship and our family. I also felt like I'd landed in a new place with no map to navigate it!

Since then, I've discovered a map and charted a new course that became quite the adventure! Self-discovery, self-love and living life more confidently found themselves at the top of my to-do list. Now I'm using my experience and expertise to support others navigating this unexpected journey so they can revive themselves and live the life they've dreamed of.

When I'm not coaching, I love walking and adventures. These days you'll find me living between my base at home, the woods, the seaside and travels in Spark my camper van! I've unravelled most of me and my life and woven something very different and more beautiful.

What my amazing clients say about a life-changing coaching experience with me:



*'You are like a guardian angel. You beam hope and positivity, and banish fear, wherever you tread.'*  
Kate



*'After only 12 weeks, I've got my self-esteem, vitality and enthusiasm back!'*  
Julie



*'I've been to 15+ professionals. Natalie's been the only one to give me the tools and understanding I desperately needed.'*  
Carmel



*'Natalie's in a class of her own! She gently steered me from the brink of divorce.'*  
Helen

Feel free to contact me anytime on 07977 585072