1.1

WORKSHEET · CHAPTER 1

The two-column pattern check

List first, sort later. Things you do, before any labels.

Date _____

1. THE LIST: FIFTEEN OR SO THINGS YOU DO

I eat the same lunch for months. I start five projects and finish one. Supermarket music gets inside my skull.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

2. SORT THEM. DON'T LOOK ANYTHING UP. A GUESS IS FINE

AUTISTIC SIDE	BOTH, OR NOT SURE	ADHD SIDE

Look at the middle. It's often the busiest part, and chapter 2 uses it.

On a bad day: write five things down. Don't sort them.