1.2 WORKSHEET · CHAPTER 1 The hiding questions

Check any that are true. A check mark means this is worth mentioning, and nothing more. There's no score.

COULD YOUR ADHD BE HIDING AUTISM?

☐ People describe you as chatty, sociable or impulsive, and nobody looked any further.

One real example, with roughly when

☐ You were told you couldn't be autistic because you want friends, or hate routine.

One real example, with roughly when

☐ After time with people, even good time, you need hours alone to come back.

One real example, with roughly when

☐ ADHD treatment helped you focus, and the overload, the exhaustion after people or the need for sameness stayed, or got more noticeable.

One real example, with roughly when

COULD YOUR AUTISM BE HIDING ADHD?

☐ Your rules and routines look like organization from the outside, and inside they're holding back a lot.

One real example, with roughly when

☐ You were the rule-following child, so nobody noticed you weren't keeping up.

One real example, with roughly when

☐ Your systems work until a busy or tired week, and then everything goes at once.

One real example, with roughly when

☐ You reach for noise, novelty or something new and shiny, then wonder why.

One real example, with roughly when

On a bad day: read one question from each list. That's enough for today.