1.3

WORKSHEET · CHAPTER 1

The assessment prep sheet

Two halves: how you are now, and how you were as a child. Use your columns from worksheet 1.1.

1. NOW: THREE REAL EXAMPLES EACH

Work	**Home**

People	**The senses**

2. THEN: CHILDHOOD, AND ANYTHING ON PAPER

Report cards, old letters. Or a person who knew you as a child, if asking feels possible and safe.

3. ☐ I'll answer about an ordinary day, bad ones included.

4. MY QUESTIONS FOR THEM

Will you look at both autism and ADHD?

5. Shown first to

On a bad day: only the "now" half, three lines.