10.1

WORKSHEET · CHAPTER 10

Job-fit questions

For a job you're considering, or your best and worst jobs so far. Circle G, M or B: good, mixed or bad.

	QUESTION	JOB A:	JOB B:
AUTISTIC SIDE			
1	Will I know what's expected, ideally in writing?	G M B	G M B
2	How much of the day is meetings, calls, small talk?	G M B	G M B
3	Noise and light where I'd actually sit?	G M B	G M B
4	How often do plans change at short notice?	G M B	G M B
5	Can I work alone or quietly for part of the day?	G M B	G M B
6	Room to go deep and get very good at something?	G M B	G M B
ADHD SIDE			
7	How much variety in the work itself?	G M B	G M B
8	Urgency: deadlines, problems, a pull?	G M B	G M B
9	Can I move during the day?	G M B	G M B
10	Any say over the order I do things in?	G M B	G M B
11	How much repetitive admin?	G M B	G M B
12	Close to something I care about, without making it a demand?	G M B	G M B

Good on 7 to 12 and bad on 1 to 6: exciting and exhausting. The other way around: calm and slowly unbearable. You're looking for the overlap.

THE OVERLAP I'M LOOKING FOR

Predictable conditions, varied work

On a bad day: one question only: which of these twelve ended my last job?