13.1

WORKSHEET · CHAPTER 13

My AuDHD Page

Name _____

What my autistic side needs *Five lines, from your map*	**What my ADHD side needs** *Five lines, from your map*

WHAT FEEDS BOTH SIDES AT ONCE

When my autistic side is asking, it usually needs

When my ADHD side is asking, it usually needs

My first signs *The next hour (ch. 7)*	**My slow signs** *The next month (ch. 12)*	**My bad-day kit** *Three to five things*

On a bad day: read the bad-day kit, and do the first thing on it.