2.1

WORKSHEET · CHAPTER 2

The one question

For the moment you can't tell why you want something, or why you're resisting it.

The pull, in a few words _____

Which side is asking? ☐ Autistic (less) ☐ ADHD (more) ☐ Both

IF BOTH, SAY BOTH IN ONE SENTENCE

I want _____

and I also need _____

If every answer is both: which side asked first? _____

Routines, ch. 3. Noise, ch. 4. Starting and stopping, ch. 5. People, ch. 8. Home, ch. 9. Work, ch. 10.

On a bad day: just ask the question. Noticing is enough.