2.2

WORKSHEET · CHAPTER 2

The Needs Map

Start with five lines on each side. Every chapter after this adds a line or two. Contradictions are fine, because you have both.

Started on _____

What my autistic side needs	**What my ADHD side needs**
Predictability, less input, clarity, depth, recovery time.	*Interest, novelty, movement, urgency, stimulation.*
Cross out what isn't you.	*Cross out what isn't you.*

THE BOTTOM OF THE PAGE: LEAVE IT EMPTY FOR NOW

My first signs	**My slow signs**	**My bad-day kit**
Chapter 7	*Chapter 12*	*Chapter 13*

On a bad day: one word on each list. That still counts as starting.