5.1

WORKSHEET · CHAPTER 5

Find where it stops

Where the task stops is a fact about the task, not about you.

TASK 1

The task

CAN I START IT?	KEEP GOING?	FINISH IT?	SWITCH AWAY?
yes / no	yes / no	yes / no	yes / no

Circle the first no. That's where this task stops.

Sounds like: ☐ ADHD side ☐ Autistic side ☐ Both

The tool for this stop _____

TASK 2

The task

CAN I START IT?	KEEP GOING?	FINISH IT?	SWITCH AWAY?
yes / no	yes / no	yes / no	yes / no

Circle the first no. That's where this task stops.

Sounds like: ☐ ADHD side ☐ Autistic side ☐ Both

The tool for this stop _____

Starting: the doorway start (5.2), or a body double (5.3).

Keeping going: a body double, or a time limit so it has an end.

Finishing: decide what done looks like. Good enough is done. Or hand the last part on.

Switching: the fence and ramp (5.4).

On a bad day: just name the stop. This one stops at starting.