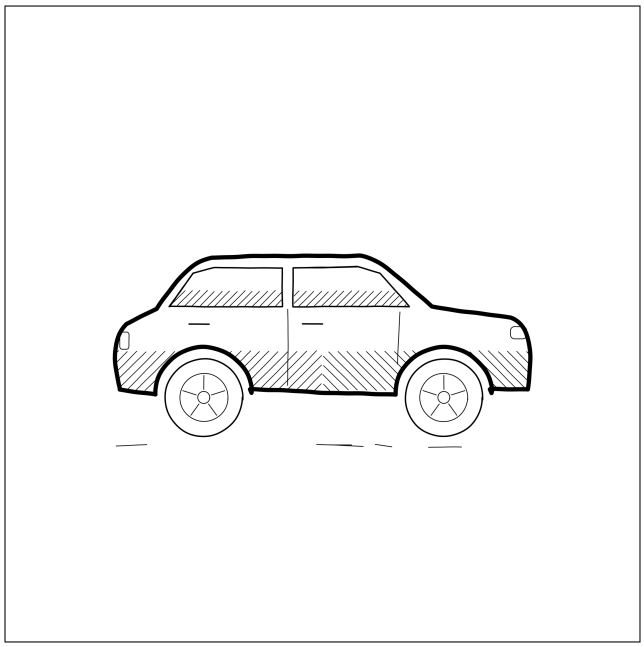


AuDHD, Honestly

A Guide for Adults with Autism and ADHD

All 45 worksheets from the book, one for every tool,
numbered by chapter, so worksheet 6.2 goes with the second tool in chapter 6.

Print the whole kit once, then reprint single sheets as you need them.
Each sheet is also its own file at mcpublishing.co/audhd.

Mark Chapters
M.C. Publishing · mcpublishing.co/audhd

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1.1

WORKSHEET · CHAPTER 1

The two-column pattern check

List first, sort later. Things you do, before any labels.

Date _____

1. THE LIST: FIFTEEN OR SO THINGS YOU DO

I eat the same lunch for months. I start five projects and finish one. Supermarket music gets inside my skull.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

2. SORT THEM. DON'T LOOK ANYTHING UP. A GUESS IS FINE

AUTISTIC SIDE	BOTH, OR NOT SURE	ADHD SIDE

Look at the middle. It's often the busiest part, and chapter 2 uses it.

On a bad day: write five things down. Don't sort them.

1.2 WORKSHEET · CHAPTER 1 The hiding questions

Check any that are true. A check mark means this is worth mentioning, and nothing more. There's no score.

COULD YOUR ADHD BE HIDING AUTISM?

☐ People describe you as chatty, sociable or impulsive, and nobody looked any further.

One real example, with roughly when

☐ You were told you couldn't be autistic because you want friends, or hate routine.

One real example, with roughly when

☐ After time with people, even good time, you need hours alone to come back.

One real example, with roughly when

☐ ADHD treatment helped you focus, and the overload, the exhaustion after people or the need for sameness stayed, or got more noticeable.

One real example, with roughly when

COULD YOUR AUTISM BE HIDING ADHD?

☐ Your rules and routines look like organization from the outside, and inside they're holding back a lot.

One real example, with roughly when

☐ You were the rule-following child, so nobody noticed you weren't keeping up.

One real example, with roughly when

☐ Your systems work until a busy or tired week, and then everything goes at once.

One real example, with roughly when

☐ You reach for noise, novelty or something new and shiny, then wonder why.

One real example, with roughly when

On a bad day: read one question from each list. That's enough for today.

1.3

WORKSHEET · CHAPTER 1

The assessment prep sheet

Two halves: how you are now, and how you were as a child. Use your columns from worksheet 1.1.

1. NOW: THREE REAL EXAMPLES EACH

Work	**Home**

People	**The senses**

2. THEN: CHILDHOOD, AND ANYTHING ON PAPER

Report cards, old letters. Or a person who knew you as a child, if asking feels possible and safe.

3. ☐ I'll answer about an ordinary day, bad ones included.

4. MY QUESTIONS FOR THEM

Will you look at both autism and ADHD?

5. Shown first to

On a bad day: only the "now" half, three lines.

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.

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.

2.3

WORKSHEET · CHAPTER 2

Two-week pattern notes

Every evening, looking back over the day. Don't analyze anything until day fourteen. A missed night gets the word missed.

DAY	WHAT DID I WANT?	WHAT DID I NEED?	WHICH SIDE WON, AND HOW DID IT GO?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

DAY 14: WHAT REPEATS?

The times of day. The places. The people. The days that go fine, and the ones that undo you.

On a bad day: one line. Which side won.

3.1

WORKSHEET · CHAPTER 3

Anchor and swing

One routine at a time. Only one anchor. When it starts to bore you, change the swing and leave the anchor alone.

ROUTINE	ANCHOR: NEVER CHANGES	SWING: ALLOWED TO CHANGE

Anchor: shoes on as soon as I get home. Swing: any route, any music.

On a bad day: the anchor only. Shoes on, then off again, still counts.

3.2

WORKSHEET · CHAPTER 3

Rotation shelf

Same anchor, different everything else. Rotate weekly, or by the season, whatever suits your boredom.

Routine

VERSION	WHAT'S DIFFERENT IN THIS ONE
1	
2	
3	
4	

NOVELTY BUDGET: ONE SMALL NEW THING A WEEK, PLANNED

This week _____

Next week _____

On a bad day: use last week's version again. Repeating is allowed.

3.3

WORKSHEET · CHAPTER 3

Pre-agreed swap

Write this while things are going well. It's for the version of you who'll be tired and thrown off.

1. WHAT USUALLY BREAKS MY ROUTINES

☐ Shift changes ☐ Someone else's schedule ☐ Illness

☐ Travel ☐ A vacation ☐ Visitors ☐ A week where nothing's the same

Anything else _____

SWAP 1

The routine _____

The cue it hangs on _____

A backup cue that will still be there _____

The swap, in one sentence:

If I'm on nights, I'll walk for ten minutes in my running shoes when I wake up,

and I'll go back to running on the first Monday after.

Return date, in writing _____

SWAP 2

The routine _____

The cue it hangs on _____

A backup cue that will still be there _____

The swap, in one sentence:

_____

_____

Return date, in writing _____

On a bad day: the swap is the routine today. Doing it is doing the routine.

4.1

WORKSHEET · CHAPTER 4

Input inventory

Sense by sense: what you go looking for, what you get away from, and what you do both with, depending.

SENSE	SEEK	AVOID	BOTH, DEPENDING
Sound			
Light			
Touch, clothes			
Smell			
Taste, texture			
Movement			
Temperature			

THE THREE QUESTIONS, ON ONE LINE FROM THE BOTH COLUMN

The line _____

When it's fine: ☐ I chose it ☐ I knew it was coming ☐ I was enjoying it

WHAT FILLS MY GLASS OVER A DAY

A bad night, a commute, a crowded office, an argument

On a bad day: just the both column. One line.

4.2

WORKSHEET · CHAPTER 4

Room and day design

Three kinds of space, even small ones. A corner counts. So does one chair.

Quiet	**Busy**	**In-between**
Low light, soft, asks nothing	*Where my ADHD side gets fed*	*Somewhere for the middle*

THIS WEEK: LOUDEST THINGS WHERE THE GLASS IS EMPTIEST, WITH A GAP AFTER EACH

DAY OR TIME	THE LOUD THING	THE GAP AFTER IT

INPUT FOR MY ADHD SIDE, ON PURPOSE

Music while I cook, a walk, a busy café now and then

On a bad day: go to the quiet space, even if it's only for five minutes.

4.3

WORKSHEET · CHAPTER 4

Pocket kit

Pack it once, keep it packed, keep it by the door.

☐ Headphones or earplugs ☐ Hat or sunglasses

☐ Something for my hands ☐ A drink ☐ Something to eat

Anything else _____

Time limit _____

My exit, chosen now _____

My recovery spot _____

On a bad day: headphones in, list in hand, and leave the moment you need to.

4.4

WORKSHEET · CHAPTER 4

The first twenty minutes

For the door, or the car. Decided on a calm day, so you don't have to think after too much.

1. Cut the input first _____

2. No decisions for twenty minutes. ☐ The people at home know

3. Something simple for my body _____

4. One familiar thing _____

5. After twenty minutes: ☐ Down, carry on ☐ Not yet, twenty more

---

On a bad day: it may turn into the whole evening. That's allowed.

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.

5.2

WORKSHEET · CHAPTER 5

Doorway start

Under a minute, and it leaves something you can see. Then you're allowed to stop.

TASK	SMALLEST VISIBLE FIRST ACTION	ONE THING TO MAKE IT INTERESTING

DOORS TO MAKE SMALLER ON A GOOD DAY

A scoop by the litter box, paper plates, meetings by phone

On a bad day: the first action only. Then stop, and count it.

5.3

WORKSHEET · CHAPTER 5

Body double menu

Someone who's there while you do it, without helping. Only when it's voluntary. Company, not supervision.

	FROM THE MENU	WHO, AND WHEN
☐	Someone in the room	
☐	Someone on the phone	
☐	A video call, mostly silent	
☐	A group that checks in	
☐	A recording or livestream	

Who not to pick, and why

On a bad day: put on a recording of someone doing the same thing, and do it alongside them.

5.4

WORKSHEET · CHAPTER 5

Fence and ramp

The fence answers the side that won't notice time passing. The ramp answers the side that needs the change expected.

1. MY FENCE, SET UP BEFORE I GO IN

☐ An alarm across the room ☐ A glass of water

☐ A person who'll knock _____

☐ A note on the door _____

2. STOP-POINT NOTES

WHERE I WAS	WHAT'S NEXT

3. THE RAMP BEFORE A SWITCH

I have to switch at _____

Warning at (ten minutes is common) _____

First step of the next thing, set up _____

4. PEOPLE I'LL ASK FOR A RAMP

Can you give me ten minutes' warning before we leave?

On a bad day: one alarm, across the room. That's the whole fence.

6.1

WORKSHEET · CHAPTER 6

Name the two parts

Something landed wrong, and it's still going. Two lines, then mark which one is louder.

THE STING: WHAT HAPPENED, AND WHAT IT FELT LIKE IT MEANT

THE REPLAY: WHAT MY HEAD KEEPS RUNNING

Louder right now: ☐ Sting: move first ☐ Replay: worksheet 6.2

On a bad day: no writing. Say sting or replay out loud.

6.2

WORKSHEET · CHAPTER 6

The replay stop sheet

Sit up, with a light on, and not in bed. Five lines, in this order.

1. THREE FACTS

Only what a camera would have recorded.

a _____

b _____

c _____

2. ONE GUESS

What your head says it all meant.

_____

_____

3. ONE THING I CAN'T KNOW

The edge of the map. This is the line the replay keeps searching.

_____

_____

4. READ THE THREE BACK

☐ Done. The replay is trying to turn line 3 into line 1, and another pass won't change that.

5. SET THE STOP

Done at _____

In this place (not in bed) _____

Then something familiar _____

A show you've seen ten times, a podcast you know by heart, the usual walk.

On a bad day: only line 3. Write the thing you can't know, then put the show on.

6.3

WORKSHEET · CHAPTER 6

The reply window

A reply written inside the sting gets answered by the sting.

My window: ☐ An hour ☐ Tonight ☐ Tomorrow morning

THE AGREEMENT, MADE IN PERSON, ONCE

Texts don't need instant answers. Anything urgent gets a phone call.

Agreed with _____

When my reply is too big, something small I can send _____

If the sting already sent one: "What I meant was _____"

On a bad day: the drafts folder only. Nothing gets sent tonight.

6.4

WORKSHEET · CHAPTER 6

Feedback at work

One line any time something goes well. Read it before a review, not after.

THE "WHAT WENT RIGHT" FILE

DATE	WHAT WENT RIGHT: A THANK-YOU, A PROBLEM SOLVED, A DEADLINE MET

REVIEW DAY

- ☐ Asked for the written review a day before, or at least an hour.
- ☐ Read my file first, then the review.
- ☐ Asked for anything said in the meeting in writing.
- ☐ Took the next-day option: *Can I get back to you on this tomorrow?*

Every regular check-in: Is there anything you'd like me to adjust?

On a bad day: ask for it in writing, and don't answer anything until tomorrow.

7.1

WORKSHEET · CHAPTER 7

Your first signs

On a calm day, after the last one has passed. Never in the middle.

The last one was a ☐ meltdown ☐ shutdown

WHAT MY BODY DID JUST BEFORE

Hot face, tight jaw, sounds sharper, lights brighter, losing words, needing to move

WHAT I DID JUST BEFORE

Snapped, went quiet, paced, scrolled, said yes to everything

Before a meltdown	Before a shutdown

WHAT SOMEONE WHO KNOWS ME SEES

What do you notice before I go?

MY THREE, FOR THE BOTTOM OF MY MAP

1

2

3

On a bad day: one sign. The one you're most sure of.

7.2

WORKSHEET · CHAPTER 7

Regulation cards

One card per place, not per feeling. Fill it in on a calm day, and read it once before you go in.

Place

My first sign here

One thing to do

One sentence to say

Where I go

Place

My first sign here

One thing to do

One sentence to say

Where I go

Place

My first sign here

One thing to do

One sentence to say

Where I go

Place

My first sign here

One thing to do

One sentence to say

Where I go

Cut along the dashed lines, or photograph the card you need.

On a bad day: just the one card, for the one place you're going.

7.3

WORKSHEET · CHAPTER 7

What each one needs

What helps one can make the other worse. Mark anything that's different for you. Yours is the only list that counts.

	MELTDOWN	SHUTDOWN
What helps *Space, quiet, time*		
What makes it worse *Being reasoned with, pressed to explain*		
Afterward *Sleep, food, water, the familiar*		

OUR SIGNAL, AGREED CALMLY IN ADVANCE

A few taps, a code word: it's too much, help me get out

On a bad day: one line in each column: what helps.

7.4

WORKSHEET · CHAPTER 7

After-action notes

A day or more after, once you're properly calm. Never the same day. No blame anywhere.

Date of the meltdown or shutdown _____

1. WHAT CAME BEFORE? THE WHOLE DAY. WHAT FILLED THE GLASS?

2. WHAT WAS THE FIRST SIGN, AND WHEN DID IT SHOW?

3. WHAT HELPED, EVEN A LITTLE?

4. WHAT MADE IT WORSE?

5. WHAT WAS I ACTUALLY FEELING? LEAVE IT BLANK IF YOU DON'T KNOW YET.

NEXT TIME, I'LL TRY

One change, not five

On a bad day: one question only: what came before?

7.5

WORKSHEET · CHAPTER 7

A card for the people around you

Change anything that isn't you, and hand it over on a calm day.

If I'm melting down: give me space and quiet. Please don't ask me questions or try to reason with me. Don't touch me unless I've said it helps. Stay nearby if you can, and let me come back to you.

If I'm shutting down: I may not be able to talk. It isn't about you. Ask yes-or-no questions, or text me. Let me come back in my own time.

Afterward: I'll probably be exhausted. Let me rest. We can talk about it tomorrow, or the day after.

ANYTHING TO ADD THAT'S YOURS

On a bad day: hand over the card. You don't have to explain it.

8.1

WORKSHEET · CHAPTER 8

Social budget

Decide before you go. The bill comes either way, and booked recovery lets you pay it at home.

EVENT 1

What and when _____

I can come for _____

☐ Said it at the start ☐ Booked something right after

My exit sign (from 7.1) _____

Recovery block: when, and what _____

EVENT 2

What and when _____

I can come for _____

☐ Said it at the start ☐ Booked something right after

My exit sign (from 7.1) _____

Recovery block: when, and what _____

THE DAY'S RULE

One social thing per day, or per weekend. Work counts as one.

On a bad day: just the leaving time. Decide it, and keep it.

8.2

WORKSHEET · CHAPTER 8

Mask ladder

From the safest place to the hardest. Start on the bottom rung and stay as long as you like.

6	**Work** *Last, and maybe never. That's a decision, not a failure.*	*What I'll try*
5	**Friends** *One friend, one real interest.*	*What I'll try*
4	**Strangers, in small ways** *Headphones on a walk. A nod back.*	*What I'll try*
3	**Home** *Nobody has to perform here.*	*What I'll try*
2	**One safe person** *Let them see one thing you usually hide.*	*What I'll try*
1	**Alone** *Ten minutes a day, nobody watching.*	*What I'll try*

Rough at first, people say. If someone on rung two shows you how they are without the mask, don't joke about it later.

On a bad day: rung one only. Ten minutes, alone, nobody watching.

8.3

WORKSHEET · CHAPTER 8

Rules, said out loud

Start from the five in this chapter. Rules are one group's habits, not laws, and you can ask people to say things straight.

SITUATION	THE RULE, AS I UNDERSTAND IT

On a bad day: one rule: you can leave without a reason.

9.1

WORKSHEET · CHAPTER 9

The 2-5-10 menu

A menu, not a list. Ask how many minutes you have, not how much energy, and pick one thing. Keep it inside a cupboard door.

Two minutes	**Five minutes**
Wipe the sink, trash out	*Clear one surface, start laundry*

Ten minutes	**Five meals, no decision**
One floor, change one bed	*Safe food, and the second safe food*

On a bad day: one thing from the two-minute list. Or nothing, and a meal from the no-decision menu.

9.2

WORKSHEET · CHAPTER 9

Visible everything

Open and ordered. If your ADHD side can't see it, you don't own it. If it's a jumble, your autistic side pays.

ROOM	EVERYDAY, OUT IN THE OPEN	RARELY USED, BOXED	BASKET
			☐
			☐
			☐
			☐

One task, one note, in sight _____

On a bad day: one basket. Everything out of place goes in it.

9.3

WORKSHEET · CHAPTER 9

One paper pile

One tray, by the door. Paper in five places is a worry. A pile in one place is a job.

The tray lives _____

Weekly slot, and who keeps me company _____

Could come by email, or pay itself _____

BEFORE A CALL: MY FIRST TWO SENTENCES

1 _____

2 _____

On a bad day: put the paper in the tray. That's the whole job.

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?

10.2

WORKSHEET · CHAPTER 10

Application rhythm

A cap smooths it out, so one bad week of rejections doesn't take down the whole search.

Daily cap _____

Batch day for the dull parts _____

Replies read at one set time, then _____

MY ONE ANSWER: TELL ME ABOUT YOURSELF

What you do, rather than what you are. End by asking them something back.

_____

_____

_____

MY WEAKNESS ANSWER: A REAL ONE, AND THE SYSTEM I USE FOR IT

_____

_____

THE LOG

DATE	WHERE	VERSION SENT	REPLY

On a bad day: no applications, and no reading replies. One line in the log: rest day.

10.3

WORKSHEET · CHAPTER 10

Interview-day plan

The plan is for the version of you with a racing heart and too little sleep.

Interview: where, when, who _____

BEFORE

- ☐ Asked about the format, who'll be there, how long, the questions beforehand, a quieter room. (No need to say why.)
- ☐ Route checked the day before, or the video link tested. Leaving early enough that late can't happen.
- ☐ Clothes that don't bother me, laid out. The pocket kit packed.

BRING

My one answer _____

Question 1 _____

Question 2 _____

IN THE ROOM, I'M ALLOWED TO

Ask for a question to be repeated. Say Let me take a moment to think about that. *Look away while I think.*

AFTER

- ☐ Recovery block booked, right after.
- ☐ Thank-you email the next day, not the same evening.

One thing that went well, before the replay runs _____

On a bad day: if it can move, ask to move it. If not, the pocket kit and your one answer.

10.4

WORKSHEET · CHAPTER 10

The working week

Plan the week, not the day. The cost of work builds up across days, like the glass.

	MON	TUE	WED	THU	FRI
No-meeting block					
Stop time					
Recovery evening					
Variety, on purpose					
Notes					

☐ Same desk, same start time, the schedule a week ahead, where I can.

☐ The people at home know which evening is the recovery evening.

My people at work _____

On a bad day: your stop time, and nothing else.

11.1

WORKSHEET · CHAPTER 11

The prescriber conversation sheet

Written before you go, and handed over. Every decision belongs to you and a prescriber.

1. WHAT I'D LIKE HELP WITH

Starting work in the morning. Not losing whole evenings. Fewer meltdowns.

2. WHAT I'VE TRIED

MEDICINE, OR SOMETHING ELSE	WHAT HAPPENED	WHY I STOPPED

3. EVERYTHING I TAKE

Every medicine and supplement, and anything else regularly: caffeine, nicotine, alcohol, cannabis. Honesty here keeps you safe.

4. MY BODY

☐ Heart or blood-pressure history ☐ Pregnancy, or plans

Sleep and appetite

5. MY SENSORY NEEDS

Pills hard to swallow? Tastes or textures? Other forms exist.

6. HOW I FIND IT HARD TO REPORT

I find feelings hard to name, so I've brought notes.

7. MY QUESTIONS

- ☐ Could we start low and go slow?
- ☐ What should I watch for in the first weeks, on both sides of me?
- ☐ Could a sleep problem be part of this?
- ☐ What happens if it doesn't suit me?
- ☐ When will we review it?

NOTES FROM THE APPOINTMENT

On a bad day: just the goals. Two lines, handed over.

11.2

WORKSHEET · CHAPTER 11

The effects log

One column a week, six weeks to a page. 0 to 10 in each box, or draw a face. Bring it to the review.

WEEK OF						
ADHD SIDE						
Focus						
Starting						
Restlessness						
AUTISTIC SIDE						
Overload						
Rigidity						
Social tiredness						
Sensory sensitivity						
EVERY WEEK						
Sleep						
Appetite						
Heart racing						
Mood						
Cycle, if it applies						
What changed						

Medicine, and any change this page covers _____

On a bad day: one number for the whole day. That's still a log.

11.3

WORKSHEET · CHAPTER 11

What is it doing for me?

For caffeine, nicotine, cannabis or alcohol. No judgment anywhere in this. You don't have to change anything after.

	FIRST	SECOND	THIRD
What is it?			
What is it helping with? *Waking up, feeling alive, quieting the noise*			
What does it cost, and when? *The 4 a.m. wake-up, the worse replay*			
Which side is it feeding? *Stimulation, quiet, or both*			
What else could do that job, even partly? *Chapter 4, chapter 8, a prescriber*			

If you'd like support, the help page at the back says how to find it, wherever you live.

On a bad day: question one only.

12.1 WORKSHEET · CHAPTER 12
Climate, not weather

Same day each week. Mark each slow sign B, S or W: better, same or worse than last week.

SLOW SIGN / WEEK	1	2	3	4	5	6	7	8

Week 1 starts on _____

Ideas, if you need them: how well you're sleeping, how much noise you can stand, everyday skills slipping (cooking, email, finding words), being a shut-in on weekends, all your energy going to work, how often meltdowns or shutdowns come.

MY RULE, DECIDED NOW

If ___ or more signs are worse for ___ weeks running, I start my first-week cut list (worksheet 12.3), whether or not I feel burned out yet.

THIS WEEK, IN ONE WORD

☐ Weather (one bad day) ☐ Climate (the trend has turned)

On a bad day: don't judge anything today. Today is weather.

12.2

WORKSHEET · CHAPTER 12

Two-cause sort

I for input: noise, people, change, masking. T for tasks: too many, too urgent, unfinished. Some will be both.

WHAT'S BEING ASKED OF ME RIGHT NOW	I	T

WHAT'S MISSING: WHAT USED TO FEED ME AND HAS GONE

More of: ☐ I: cut input first ☐ T: cut tasks first

One thing back from the missing list _____

On a bad day: circle the single biggest demand. That's the one to look at first.

12.3

WORKSHEET · CHAPTER 12

First-week cut list

Written once, on a calm day if you can. The first week runs on decisions you've already made.

Drop

Everything that can simply stop

Delay

With a date next to each

Ask for

Time off, a lighter load, someone to sit with me

Keep

Anchors, safe foods, my people

Add one

An interest, a walk, a familiar thing I love. Not as a task.

On a bad day: drop one thing today.

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.

13.2

WORKSHEET · CHAPTER 13

Strengths, stated honestly

A strength with its cost written next to it is one you can plan around.

	GOOD AT	WHAT IT COSTS
My autistic side *Depth, detail, pattern, loyalty, fairness*		
My ADHD side *Speed in a crisis, ideas, making the dull interesting*		

WHAT SOMEONE WHO LIKES ME SAID I'M GOOD AT

ONE STRENGTH, IN ONE SENTENCE, FOR THE TOP OF MY PAGE

On a bad day: one strength, in one sentence.

13.3

WORKSHEET · CHAPTER 13

The yearly refresh

Once a year, on a date you'll remember.

My refresh date _____

- ☐ Read the whole page.
- ☐ Crossed out what's no longer true.
- ☐ Added what's new, about either side.
- ☐ Checked my slow signs against the year. Did they show up before my hardest stretch?
- ☐ Gave the new page to everyone who had the old one.

On a bad day: skip it. Last year's page still works.