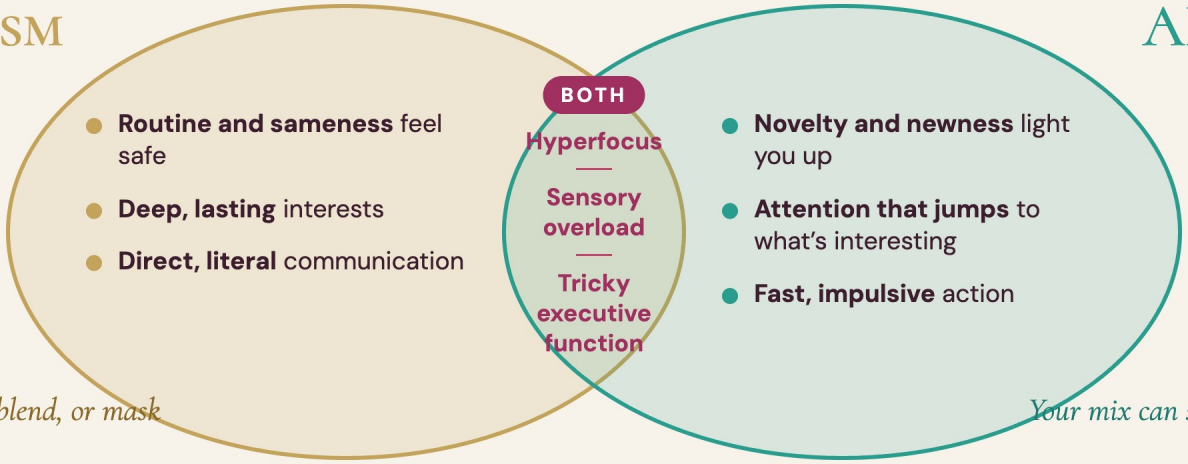
When two brains *share one head.*

"AuDHD" is a community term for being both autistic and ADHD. The traits can blend together, hide each other, or pull you in opposite directions, and every person's mix is their own.

A Two circles, one you

Traits many AuDHD people describe

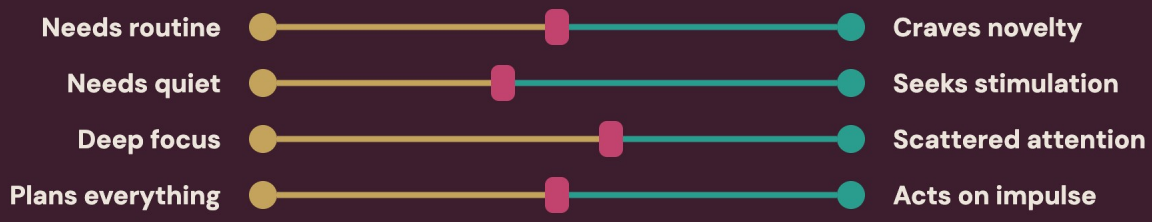


Traits can blend, or mask each other.

Your mix can shift day to day.

B The tug-of-war

Pulled both ways, sometimes in the same hour.



Neither end is wrong. The middle marker moves, and that's okay.

C What helps

Routine with variety
Steady frame, changing contents.

Novelty inside structure
A new playlist or spot for a familiar job.

Sensory planning
Pack for quiet and for input.

Body doubling
Work alongside someone, in person or online.

Self-compassion
When needs clash, you're not failing.

Continued on back: go deeper →

Map your *own mix.*

Use these questions on your own, in session, or with someone you trust. Skip any that don't fit; your answers can change over time.

1 *Which traits feel most "autism side" for you, and which feel most "ADHD side"?*

2 *Where do you feel the biggest tug-of-war? What does it look like on a real day?*

3 *Has one side ever hidden the other, so a need went unnoticed by you or others?*

4 *What's one routine you could loosen, or one novelty you could build in?*

5 *When your sensory needs clash (quiet vs. input), what helps you choose in the moment?*

6 *What would you say to yourself on a day when both sides want different things?*

TRY THIS WEEK

Add one small bit of novelty to a routine you already have. How did it feel?