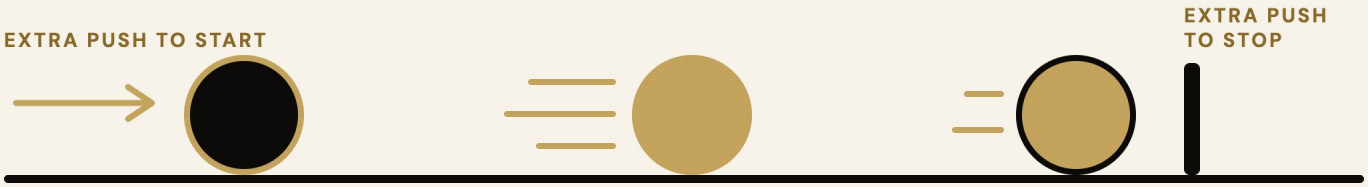
Hard to start, *hard to stop.*

Many autistic and ADHD people experience **inertia**: it's hard to start, stop or switch. **Hyperfocus** is the other side of the same coin.

It's about momentum, not laziness.

How momentum works

A brain in motion tends to stay in motion.



1 · At rest
Hard to start
You know what to do, but getting going takes a big push.

2 · Rolling
In the flow
Once moving, focus can deepen into hyperfocus.

3 · Full speed
Hard to stop
Stopping or switching takes just as big a push.

Inertia can feel like

- Knowing what to do, but your body won't start
- Waiting mode: time slips by, stuck in place
- Switching tasks feels like hitting a wall

↔ Same engine

Hyperfocus can feel like

- Hours vanishing in what feels like minutes
- Forgetting to eat, drink or use the bathroom
- Interruptions landing like a jolt, not a tap

Getting moving

1. **Tiny first step.** Make it so small it barely counts: "just open the laptop."
2. **Body double.** Have someone nearby, in person or on a call, while you begin.
3. **Transition object.** Carry a song, a mug or a fidget from one activity into the next.
4. **Timers with warnings.** A 10- and 5-minute heads-up beats one sudden alarm.

Coming back up

1. **Set alarms before diving in.** Decide when to surface while it's still easy to choose.
2. **Leave a bookmark.** Jot down where you stopped so letting go feels safer.
3. **Water and a snack nearby.** Care for your body without breaking the flow.
4. **Gentle landing ritual.** Stretch, look outside, take a few slow breaths before what's next.

Continued on back: go deeper →

Find your *momentum.*

Take these slowly: on your own, in a session, or with someone you trust. Skip any that don't fit.

1 *What kinds of tasks are hardest for me to start? What do they have in common?*

2 *When have I been in deep flow? What pulled me in, and what did it feel like?*

3 *Which "tiny first step" could I use for something I've been putting off?*

4 *What helps me land gently after a long stretch of focus?*

5 *What would I like the people around me to understand about my momentum?*

TRY THIS WEEK Pick one tip from the front. Try it twice, then note what shifted.