

AuDHD Skills Workbook for Adolescents

A personal guide to sensory needs, energy, routines, school, and relationships. For ages approximately 13 to 17.

Name: _____ Date started: _____

AuDHD is a community term for the experience of being both autistic and having ADHD. People have different combinations of strengths and support needs. You can skip pages or do them with someone you trust. This workbook is educational and does not provide a diagnosis.

My profile

You may need a routine and still struggle to keep it, want connection and still tire socially, or need stimulation while finding noise overwhelming. Name what is true for you.

Strengths and interests	A current challenge	A support to try
_____	_____	_____
_____	_____	_____

The area I want to support first:



Sensory and energy map

Situation	What happens for me	What helps
Noise or crowds		
Lighting or screens		
Clothing or touch		
Social time		

A recovery activity I can schedule this week:

Routine friction

Part of day	What gets in the way	A flexible backup
Morning		
School or work		
Homework		
Evening		



Starting a task

Task	Why it feels hard	Smallest first step	Start cue

I can work for _____ minutes and then take a planned break.

Social needs and boundaries

I prefer important plans by: ☐ conversation ☐ text ☐ writing ☐ shared calendar

A boundary I can practice: “I want to spend time with you, but I need _____.”

Overload sequence

Notice an early sign → reduce sensory or social demand → use a regulating tool → tell someone what I need → recover before returning.

Early sign	What I can reduce	A person or tool



School support

Challenge	How it affects me	A specific support
_____	_____	_____
_____	_____	_____

Examples: written directions, assignment steps, a quieter workspace, advance notice of changes, or a planner check-in.

Health and medication notes

Medication may help some ADHD symptoms. It does not change autistic identity or remove the need for sensory and environmental support. Discuss benefits and concerns with a prescriber.

What I notice	Question for my care team
Focus or task start	_____
Sleep or appetite	_____
Mood or sensory needs	_____



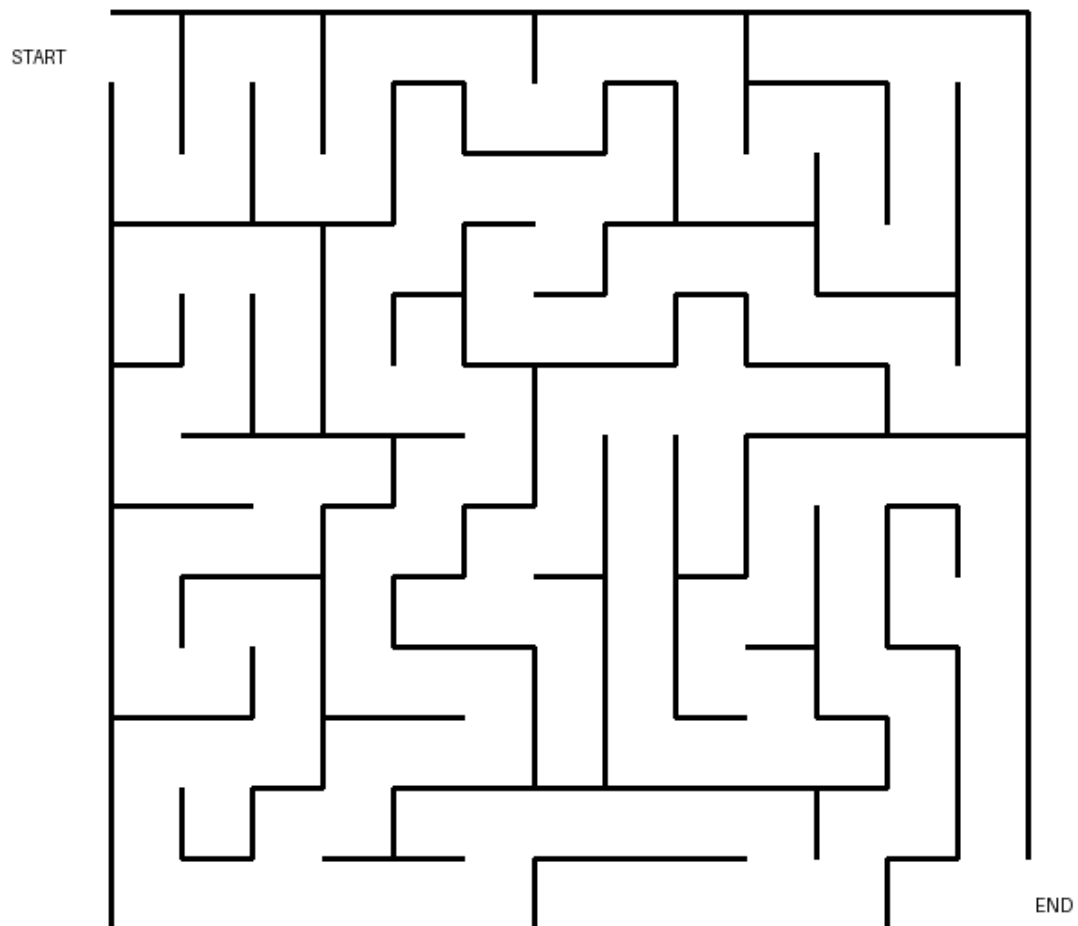
Color a supportive space

Use this page as a quiet pause. Which details would make a space feel better for you?



A quiet maze

Follow the path from START to END. There is no speed goal.



Focus break word search

An optional break. Find the words in straight lines, forward or backward.

ROUTINE • SENSORY • FOCUS • ENERGY • BREAK • PAUSE • SUPPORT • QUIET • PLAN

N	I	M	J	W	N	F	V	M	D	F	V	A	G
Y	F	S	U	P	P	O	R	T	J	D	A	Z	Y
M	K	F	S	N	H	E	N	S	O	N	N	C	B
S	C	J	W	D	B	C	V	D	Y	Q	S	Q	R
P	L	P	S	E	Q	U	I	E	T	Z	E	Q	E
L	P	A	U	W	E	R	T	C	G	A	N	E	A
A	K	U	C	M	V	O	S	D	X	E	S	J	K
N	L	S	O	K	L	U	A	U	P	N	O	G	B
T	B	E	F	Y	Z	T	S	F	F	E	R	K	N
O	D	C	G	T	H	I	P	Z	P	R	Y	Z	E
M	D	D	S	X	O	N	U	E	X	G	O	Q	X
C	W	P	S	M	L	E	O	H	B	Y	G	B	O
D	D	G	X	A	W	T	T	A	U	L	N	Q	C
X	Y	T	Q	W	S	G	Q	H	K	Q	M	X	Q



Thirty optional journal prompts

Use these prompts in any order. A few words, a picture, or a conversation can be enough.



Journal prompts 1 to 5

Day 1 What does AuDHD mean to you right now?

Day 2 What are three strengths, interests, or abilities that matter to you?

Day 3 What parts of your life feel easier when you can be fully yourself?

Day 4 What situations make you feel like you have to mask, perform, or hide your needs?

Day 5 What is the cost of masking for you?



Journal prompts 6 to 10

Day 6 What sensory input affects you most: sound, light, touch, smell, food texture, crowds, movement, or something else?

Day 7 What is one sensory support that helps you feel more regulated?

Day 8 What activities, people, or settings use the most energy?

Day 9 What helps you recharge after a difficult day?

Day 10 What routine do you need but struggle to keep?



Journal prompts 11 to 15

Day 11 What makes that routine difficult to maintain?

Day 12 What is one smaller or more flexible version of that routine?

Day 13 What task have you been avoiding? Why is it hard to begin?

Day 14 What is the smallest first step for that task?

Day 15 What does time pressure feel like in your body and mind?



Journal prompts 16 to 20

Day 16 What is one tool that could help you manage time or remember plans?

Day 17 What does social exhaustion feel like for you?

Day 18 What kind of communication helps you feel understood?

Day 19 What is one boundary you need with friends, family, school, or online communication?

Day 20 Write a sentence you could use to communicate that boundary.



Journal prompts 21 to 25

Day 21 What are your early signs of overload, shutdown, or emotional escalation?

Day 22 What helps you return to baseline after overload?

Day 23 What is one school support or accommodation that would help you learn or function better?

Day 24 Who could help you ask for that support?

Day 25 How do sleep, food, movement, medication, or stress affect your attention and mood?



Journal prompts 26 to 30

Day 26 What is one health habit that would make tomorrow more manageable?

Day 27 What is one thing you wish adults understood about your needs?

Day 28 What is one thing you appreciate about your neurodivergent mind?

Day 29 What support has helped you this month?

Day 30 Finish this sentence:



Thirty day pattern tracker

Use a number or short note when it helps. Leave days blank without judgment. Medication means taken as prescribed, if applicable. Do not change medication based on this grid.

Rating key: Mood, sleep, energy, and focus use 1 to 5 (lower to higher). Sensory load uses 1 to 4 (overwhelming to comfortable or low). Medication: Y, N, or NA. Use the original tracker’s age-specific scale descriptions if you need more detail.

Day	Mood	Sleep	Energy	Sensory / Social	Focus	Medication	Helpful support
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							



Thirty day pattern tracker continued

Day	Mood	Sleep	Energy	Sensory / Social	Focus	Medication	Helpful support
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							



Monthly review

What most often drained my energy?

What helped me regulate or recover?

When was focus easiest, and what was different?

Which support or boundary will I try next?

