

Adult AuDHD Support Workbook

A practical guide to self understanding, everyday support, and burnout prevention.

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 AuDHD story

Late recognition may bring relief, grief, anger, or uncertainty. It may also help you understand the cost of masking and compensating.

Experiences that make more sense to me now:

What I want from greater self understanding:

The push and pull

I may need	I may also experience	A middle ground
Predictability	Difficulty maintaining routine	_____
Connection	Social exhaustion	_____
Stimulation	Sensory overload	_____
Deep focus	Difficulty shifting tasks	_____



Sensory social and energy inventory

Drains	Restores	One adjustment
Noise or light		
Meetings or conflict		
Unclear expectations		
Other		

A recovery practice I can protect this week:

Executive function

Avoided task	Main barrier	First visible action	Support

I will begin for _____ minutes; afterward I can stop or choose another small step.



Minimum viable day

Essential area	Smallest workable step
Food and hydration	_____
Medication or health task	_____
Hygiene or comfort	_____
One urgent responsibility	_____
Rest or regulation	_____

Burnout prevention

Early sign	Main driver	Protective support
_____	_____	_____
_____	_____	_____

A boundary I want to set:



Direct communication

I process best when:

A practical request I can make: “Please give me _____ in writing or allow me _____ to think.”

Work or school support

Functional challenge	Specific adjustment to request	Who I will contact
_____	_____	_____
_____	_____	_____

Appointment preparation

Main concern	What I have tried	Question to ask
_____	_____	_____
_____	_____	_____

One person or support I can contact this week:



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

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



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 has led you to explore or identify with AuDHD?

Day 2 What early experiences make more sense to you now?

Day 3 What are your strongest interests, skills, or areas of deep focus?

Day 4 What does a sustainable, fulfilling life look like for you?

Day 5 Where do you mask, compensate, or overperform most often?



Journal prompts 6 to 10

Day 6 What does masking cost you emotionally, physically, socially, or professionally?

Day 7 What is one setting where you can be more authentic?

Day 8 What sensory experiences drain you most?

Day 9 What sensory supports help you feel grounded, focused, or restored?

Day 10 What social situations are meaningful but energy-intensive?



Journal prompts 11 to 15

Day 11 How can you protect recovery time after social, work, caregiving, or family demands?

Day 12 What routine do you need but find hard to establish or maintain?

Day 13 What is one daily anchor that feels realistic?

Day 14 What task causes the most executive-function friction right now?

Day 15 What makes that task difficult: unclear steps, time blindness, boredom, perfectionism, emotional demand, sensory overload, or something else?



Journal prompts 16 to 20

Day 16 What is the smallest possible next action?

Day 17 What system could reduce the number of decisions or steps involved?

Day 18 What does burnout look like for you before it becomes severe?

Day 19 What demand can you reduce, delay, delegate, automate, or decline this week?

Day 20 What boundary would protect your health, capacity, or recovery?



Journal prompts 21 to 25

Day 21 Write a direct statement you could use to communicate that boundary.

Day 22 How does AuDHD affect your relationships, communication, household responsibilities, or parenting?

Day 23 What clear request could improve one relationship or shared responsibility?

Day 24 What work, school, or workplace support would reduce unnecessary barriers?

Day 25 What do you want your healthcare or mental-health team to understand about your needs?



Journal prompts 26 to 30

Day 26 If you use medication, what outcomes matter most to you: task initiation, focus, emotional regulation, sleep, daily functioning, or something else?

Day 27 What helps you feel more connected to yourself?

Day 28 What is one strength that has helped you navigate challenges?

Day 29 What support, accommodation, or system will you continue next month?

Day 30 Write a compassionate message to yourself:



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	Key note
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	Key note
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							



Monthly review

Which environments and routines helped most?

How did sleep, sensory load, mood, energy, and focus relate?

What early signs of burnout did I notice?

Which demand can I reduce or delegate next month?

