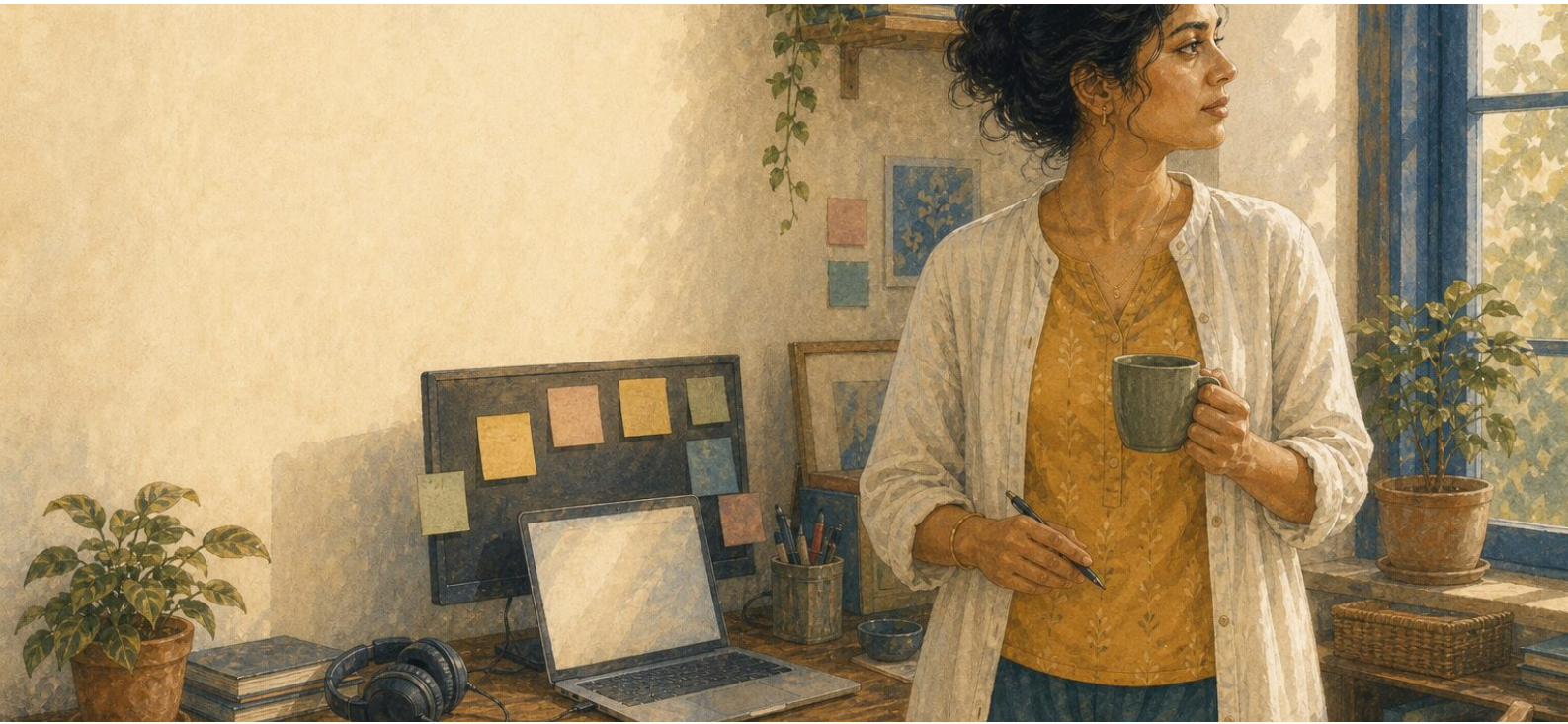




The For You series

NEURODIVERGENCE

Living with an AuDHD mind

A calm guide to a mind that is both autistic and ADHD, that reaches for newness and sameness at once, and that can settle into a life that finally fits.

Who this is for: adults whose mind is both autistic and ADHD, or who wonder if it might be.

Cited: peer-reviewed autism and ADHD research.

Languages: English, Hindi, Marathi, and Kannada.

Read it free at weave.clinic/family

1

✿ WHAT IS HAPPENING

Two pulls in one mind

✿ IN SHORT

An AuDHD mind is both autistic and ADHD at once. It can reach for newness and for sameness in the same breath. That is two real ways of being wired, together, not a fault in you.

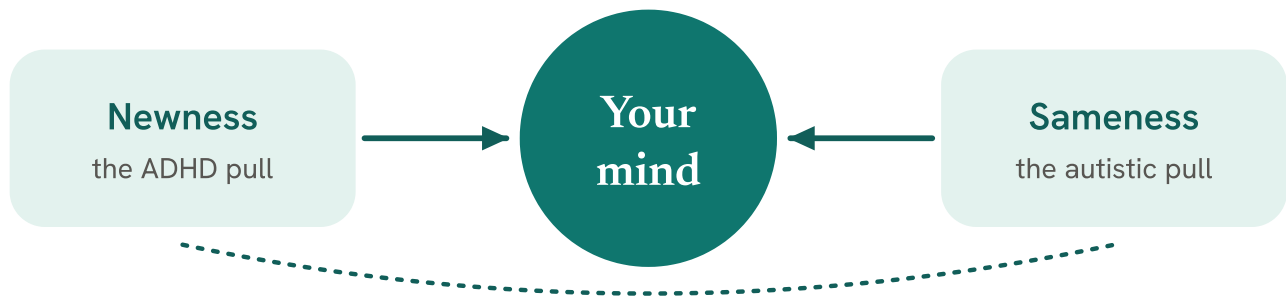
If you have always felt like two people sharing one head, this may be why. One part of you chases interest, movement, and the next new thing. Another part needs routine, sameness, and time to settle. Both are real. Both are you.

When an autistic mind and an ADHD mind run together, people sometimes call it AuDHD. It is common for the two to occur together. So if you feel pulled in two directions, you are far from the only one.

more than 1 in 4

autistic adults also have an ADHD mind

The two travel together far more often than people expect. You are not a contradiction. You are a common pairing.



two needs, one mind

Two real pulls in one mind. One reaches for newness, the other for sameness. Both are wiring, not a war.

The ADHD pull reaches for interest, movement, and the new.

The autistic pull reaches for routine, sameness, and calm.

They are not fighting you. They are both how your brain is built.

More, if you want it ^

This is why advice that suits one part can undo the other. A burst of novelty wakes the ADHD side and rattles the autistic side. A strict routine soothes the autistic side and bores the ADHD side. The aim is not to pick a winner. It is to give both pulls a little of what they need.

● TRY THIS

Think of one moment today when you wanted newness and calm at the same time. Notice it without judging it. That pull in two directions is your AuDHD mind, working the way it is built to.

2

✿ WHY IT FELT CONFUSING

Why you feel pulled two ways

✿ IN SHORT

The two pulls are real differences in how your brain is wired, there since early life. It is not laziness, not bad character, and not a contradiction you should have fixed by now.



Reva, and a life spent looking fine.

Reva is 29 and designs for a studio in Pune. As a child she was the bright, good girl who also could not sit still inside her own head. She would lose herself in one topic for weeks, then fail to start an email that took two minutes. She thought she was simply inconsistent. She blamed herself for years.

What was actually happening is that two kinds of wiring were running at once. The autistic side wanted depth, sameness, and clear rules. The ADHD side wanted novelty and could not get started on the dull. Neither one is a flaw. Together they are simply a less common way for a mind to be built.

In many Indian homes the verdict comes fast: too sensitive, too scattered, just adjust. That verdict misses the wiring underneath. You were not failing to be normal. You were running a mind that needs a different setup.



For years I thought I was two broken people. I was one whole person, wired two ways.

Reva, 29

More, if you want it 

Holding both can be tiring on its own. The world is built for one kind of mind at a time, and yours is two. Once you stop trying to be only one of them, the constant argument inside gets quieter, and you can start working with your mind instead of against it.

● TRY THIS

Write down one thing you have called a personal failing. Ask whether it might be two pulls meeting, rather than a flaw. Read it back in that gentler light.

3

✿ THE HIDDEN EFFORT

The cost of looking fine

✿ IN SHORT

Masking is the work of hiding how your mind really runs so you seem fine. It takes real effort, and over time it wears you down.



The effort nobody sees, held in all day, paid for later.

Many AuDHD adults learn early to copy others, script their words, hold still, and swallow what overwhelms them. This is called masking. From the outside it can look effortless. Inside, it is constant work.

When you mask for years, and the demands around you do not fit, that effort can build into a deep exhaustion. Some people call it burnout: a stretch where energy, skills, and patience all drop at once. It is not you becoming worse. It is a mind that has been running uphill without rest.

More, if you want it ^

Burnout from masking is not the same as ordinary tiredness or a low mood. It tends to follow long spells of pushing to seem fine with too little support. Rest, lower demands, and being allowed to be yourself help it lift. Knowing there is a name for it can be the first relief.

● TRY THIS

Notice one place today where you held a mask: a meeting, a meal, a phone call. Just notice the effort it took. You do not have to drop it yet. Seeing it is the start.

4

✿ WHY YOU FEEL LOW OR TENSE

The strain is the load, not you

✿ IN SHORT

Carrying the mask is linked to more stress, worry, and low mood. The weight comes from the daily effort of fitting in, not from something wrong inside you.

When researchers follow autistic and AuDHD adults, the strain of masking is tied to higher stress, anxiety, and low mood. The harm is not in the mind itself. It is in the cost of hiding it, day after day, in a world that was not built for it.

That matters, because it moves the blame off you. You are not anxious or low because your mind is faulty. The exhaustion is the bill for masking, and bills can be made smaller.

REMEMBER

The goal is not to mask better. It is to need the mask less: safe people, fair adjustments, and places where you do not have to perform being someone else.

TRY THIS

Name one person or one place where you can be a little more yourself. Picture spending ten honest minutes there this week. That is what lowering the load looks like.

5

✿ YOUR OPTIONS

What actually helps

✿ IN SHORT

Help is real, and most of it is about fit, not fixing. Understanding yourself, small adjustments, safe unmasking, and support all help, often together.

You do not have to manage this alone, or all at once. The things that help an AuDHD mind tend to work best together.



often together, at your pace

Four things that help, usually together. You choose the mix, at your own pace.

Understanding how your own mind works, with less blame.

Small adjustments at home and work that fit how you run.

Dropping the mask in safe places, and protecting your energy and senses.

Support from people who get it, and from a professional when you want it.

Bright lights, noise, and certain textures can be a lot for an AuDHD mind, so protecting your senses is not fussy, it is upkeep. Pacing your energy across the week is not lazy, it is how you keep burnout away.

A doctor or therapist can help too. They can talk through the mix that fits you, which may include talking therapy and, for the ADHD side, medication that some adults choose. Seeing a professional is not a verdict on you. It is more information and more options.

REMEMBER

A good clinician looks at your whole life, work, sleep, sensory load, relationships, not just one symptom. Support is a conversation that gets adjusted over time, not a single label handed down.

TRY THIS

Write one small adjustment you could ask for this week: a dimmer light at your desk, a quiet hour, a clear written instruction instead of a spoken one. Keep it on your phone.

6

✿ LIVING WITH IT

Being kinder to the mind you have

✿ IN SHORT

You spent years trying to pass as one kind of mind. The shift that helps most is treating your mind as different, not broken.

Reva started small. She learned which parts of her week needed routine and which needed novelty, and stopped forcing both into the same hour. She told one friend, who turned out to understand. She stopped calling herself broken. Some weeks still overwhelmed her. But the cruelty in her own head got quieter, and that changed everything else.

Many people find their AuDHD mind only later in life, often after years of masking, and that late understanding tends to bring relief rather than a new problem. An AuDHD mind also carries real gifts: deep focus on what you love, original ideas, honesty, and a way of seeing that others miss. Talk to yourself the way you would talk to a good friend who is trying hard.



*The mind that felt like two can
become one life that finally fits.*

More, if you want it ^

Progress with an AuDHD mind is not a straight line. Some weeks the routines hold and the energy lasts, some weeks they do not. That is the shape of it, not failure. Keep what helped, forgive the weeks that did not, and begin again without the speech about how you should have managed better. Self-acceptance is not giving up. It is what protects you.

** IN YOUR CORNER**

If the exhaustion ever tips into "I cannot do this anymore", that feeling is common and reachable, not weakness. The crisis card linked below has people you can reach, any time.

● TRY THIS

Tonight, name one thing your mind did well today, however small, and one moment you let yourself be yourself. Write them down. Do this for a week, and watch the voice in your head begin to soften.

WHERE THIS COMES FROM

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McQuaid GA. An Examination of Perceived Stress and Emotion Regulation Challenges as Mediators of Associations Between Camouflaging and Internalizing Symptomatology. *Autism Adulthood*, 2024. doi.org/10.1089/aut.2022.0121

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FURTHER READING

- National Autistic Society: advice and guidance
 - ADHD Foundation: support and resources
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This guide helps you recognise and understand. It is not a diagnosis. For that, see a professional.

- Feeling like it is all too much? **Read the crisis card.** Help is one page away.