

# AuDHD: The Neurodivergent Tug-of-War



## AUTISM (Routine)

Craves predictable  
structure

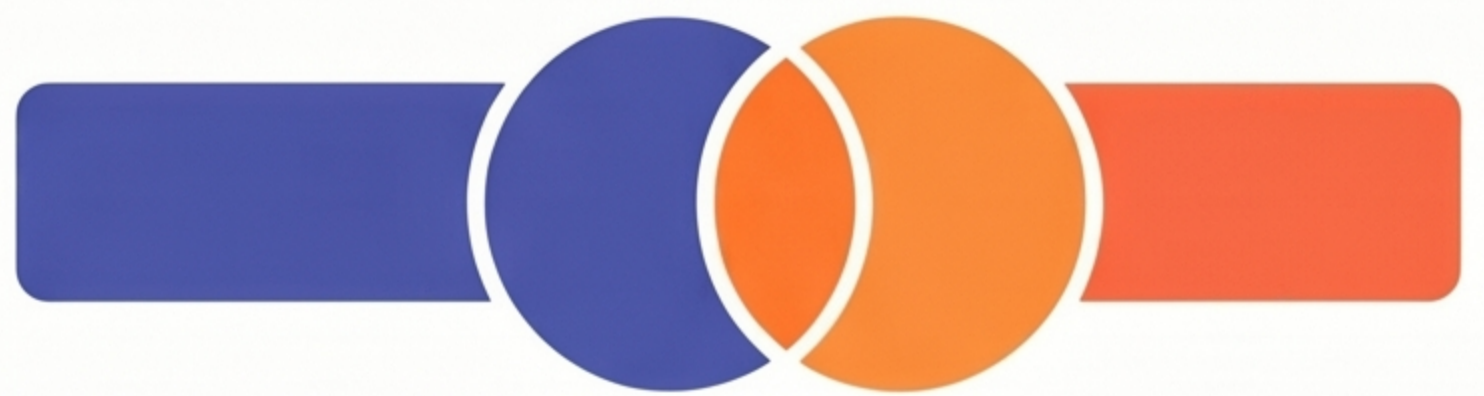
## AuDHD (The Intersection)

Internal struggle, traits compete

## ADHD (Novelty)

Craves dopamine-driven  
change

# 50–80%



## Co-occurrence is the new normal.

Research suggests 50–80% of autistic individuals  
also meet the diagnostic criteria for ADHD.



## An internal battle for routine and novelty.

The brain simultaneously craves predictable  
structure and dopamine-driven change, often  
leading to rapid system abandonment.



## The executive function “Double Bottleneck.”

Task initiation stalls when a project isn't  
both interesting enough for ADHD and  
predictable enough for Autism.

## AUTISTIC BURNOUT



## Skill loss motivation collapse.

- Depletes daily living skills
- Depletes sensory tolerance

## ADHD BURNOUT



## Skill loss motivation collapse.

- Crashes dopamine-driven motivation



## Build “novelty into the container.”

Successful support involves maintaining rigid  
“anchor” activities while allowing flexible,  
varied elements within those routines.