My needs and working environment

Reflection and understanding | 1 of 2

Explore your own experience of attention, sensory input, energy and communication. No diagnosis is required.

Name or initials (optional): _____ Date: _____

1. Where do attention, sensory input or transitions feel easiest? What conditions help?

2. Where do you experience overload or exhaustion? Note early signs without judging yourself.

3. What communication works for you: written information, processing time, direct language or something else?

My needs and working environment

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Which demands could change? What adjustment would make the greatest difference this week?

5. What strengths or interests do you want more room for? What support would help you use them?

6. If you want an assessment, what examples and questions would you take to a qualified professional?

My next step / support I can ask for / date to review: