

## 2. Differences Between ADHD, Autism, and AuDHD

(A side-by-side comparison of symptoms, challenges, and strengths.)

Feature	ADHD	Autism	AuDHD
<b>Attention</b>	Easily distracted, trouble focusing on tasks	Hyperfocus on specific interests	Inconsistent attention, struggles with transitions
<b>Social Skills</b>	Impulsive, interrupts conversations	Struggles with reading social cues	Socially inconsistent, may mask difficulties
<b>Sensory Sensitivity</b>	May seek or avoid certain sensory input	Often experiences sensory overload	Strong reactions to sensory input, fluctuates between seeking and avoiding
<b>Routine &amp; Flexibility</b>	Struggles with organization, dislikes strict routines	Prefers strict routines, dislikes unpredictability	Difficulty with both structure and flexibility
<b>Emotional Regulation</b>	Impulsive emotional reactions	Difficulty expressing emotions	Intense emotions, may have difficulty recognizing feelings
<b>Communication Style</b>	Talks excessively, changes topics frequently	Prefers direct or scripted communication	May struggle with conversational balance
<b>Executive Function</b>	Poor time management, forgets tasks	Rigid thinking, struggles with planning	Struggles with both organization and adaptability
<b>Learning Preferences</b>	Benefits from hands-on and movement-based learning	Prefers structured, detailed learning	Needs structured support with flexibility for engagement
<b>Common Strengths</b>	Creativity, energy, adaptability	Attention to detail, deep knowledge in areas of interest	Strong pattern recognition, creative problem-solving