

You don't need to ask someone every question on this list. Pick the ones that feel relevant to you, and remember that people's memories aren't perfect. The purpose isn't to prove that you were autistic or had ADHD as a child, but to gather additional information about your early experiences that you might not remember yourself.

General childhood

- What was I like as a child?
- What kind of child was I?
- Did I seem different from other children my age?
- Was there anything about me that you remember being unusual or particularly noticeable?
- Was I generally easygoing, or did I have strong reactions to things?
- Did I prefer doing things my own way?
- Did I have any particular routines or ways of doing things?

Friendships and socialising

- Did I have many friends?
- Did I tend to have one close friend or a larger group?
- Did I find it easy to make friends?
- Did I prefer playing alone?
- Did I tend to copy other children?
- Did I understand jokes, teasing and sarcasm?
- Did I seem comfortable in groups?
- Did I ever struggle with birthday parties or social events?
- Did I have difficulty maintaining friendships?

Routines and change

- Did I have any unusual routines?
- Did I become upset when plans changed?
- How did I respond to unexpected changes?
- Did I need things to happen in a particular order?
- Did I have particular rituals or ways of doing things?
- Were transitions difficult for me?
- Did I have strong reactions when something didn't happen the way I expected?

Sensory experiences

- Was I particularly sensitive to noise?
- Did I dislike particular clothing, fabrics or labels?
- Was I sensitive to smells?
- Did I have strong food preferences or avoid particular foods?

- Did I dislike certain textures?
- Did I seek out particular sensory experiences?
- Did I become overwhelmed in busy or noisy environments?

Interests and play

- Did I have particularly intense interests?
- Did I spend a lot of time talking about the same topics?
- Did I become very absorbed in particular activities?
- Did I play in repetitive ways?
- Did I prefer particular toys or activities?
- Did I collect things?
- Did I become upset when someone interrupted something I was deeply interested in?

Attention and ADHD-related experiences

- Was I easily distracted?
- Did I have difficulty sitting still?
- Did I daydream a lot?
- Did I frequently lose things?
- Did I forget instructions?
- Did I start lots of activities but not finish them?
- Did I need lots of reminders?
- Did I struggle to get ready on time?
- Was I very energetic?
- Did I interrupt people or speak without thinking?
- Did I hyperfocus on things I found interesting?

School

- What was I like at school?
- Did teachers ever mention anything unusual about my behaviour?
- Did I enjoy school?
- Did I struggle with particular subjects or types of work?
- Did I have difficulty with group work?
- Did I struggle with transitions?
- Did I have difficulty following instructions?
- Did I seem to cope well at school but behave differently at home?
- Did I seem exhausted after school?
- Did I have problems with friendships or bullying?

Overall question: Was there anything you remember me struggling with that you didn't understand at the time?