

AuDHD Relationship Needs Communicator

Identify and articulate your specific relational needs — to partners, friends, family, and your support team.

Name: _____ Date: _____ Clinician: _____

Purpose: AuDHD individuals often have specific, legitimate needs in relationships that can be difficult to articulate. This worksheet helps you identify and communicate your needs clearly — to partners, friends, family, or your therapist.

MY COMMUNICATION NEEDS

	Never	Rarely	Sometimes	Often	Always
I need extra processing time before responding in conversations			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I prefer direct, literal communication — hints and subtext are distressing			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I need to know the agenda or topic of a conversation in advance			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I communicate better in writing than verbally			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I need explicit reassurance that I haven't upset someone			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone calls are significantly more difficult for me than text or email			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY RELATIONSHIP NEEDS

Communication — what I need:

Social plans & spontaneity — what I need:

Alone time & recharge — what I need:

Conflict & repair — what I need:

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Physical space & sensory environment — what I need:

REFLECTION & INTEGRATION

The most important thing I wish people in my life understood about my needs:

How I can ask for what I need in a way that feels safe:

One relationship where I want to communicate my needs more clearly:
