

FREE GUIDE

ADHD MINDFLOW

Find your
**BRAIN
TYPE**



FIVE WIRINGS, ONE PAGE EACH

ADHD, Autistic, AuDHD, Highly Sensitive, and Neurotypical, in plain language, with the session paired to each one. No diagnosis required to use any of it.

MARTYNAS THERAPAT

FAST MIND. CLEAR SIGNAL.

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Your brain type. First edition, 2026.

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This book is general information and personal reflection. It is not medical advice, diagnosis or treatment, and it is not a substitute for a qualified professional who knows you. The sound sessions it mentions are not medical treatments and are not claimed to treat, cure or manage any condition. If you are worried about your health, or your child's, speak to a doctor. If you are in crisis, contact your local emergency number or a crisis line.

The author has this wiring and writes from it. Where the evidence is thin, the book says so. Nothing in it is a promise about you.

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ADHD Mindflow. Fast mind. Clear signal.

YOUR BRAIN IS NOT BROKEN

The word disorder was written for one operating system, checked against everyone, including the people it was never describing. An ADHD brain, an autistic brain, an AuDHD brain, a highly sensitive brain: none of these are damaged copies of someone else's mind. They are different operating systems, each with its own logic, its own real strengths, and its own real friction against a world built for one default configuration.

This guide will not diagnose you. Nothing here can. What it can do is give you language for your own experience, whatever your brain type turns out to be, so the next time something about you gets filed under lazy, or too sensitive, or not trying hard enough, you have a truer word ready.

READ ALL FIVE TYPES. NOTICE WHICH ONE SOUNDS LIKE YOUR OWN EXPERIENCE, NOT WHICH ONE YOU EXPECTED TO FEEL. MOST PEOPLE LAND SOMEWHERE ON A SPECTRUM RATHER THAN FITTING ONE DESCRIPTION PERFECTLY, AND THAT IS NORMAL, NOT A FAILURE TO CATEGORISE CORRECTLY.

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Every chapter stands alone. Open the one you need, close it in two minutes.

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PART A

FIVE WIRINGS

Read all five and notice which one sounds like your own experience, not which one you expected to feel.



01

CHAPTER 1

ADHD

The wiring: attention that follows interest, novelty, challenge, urgency, or passion, not importance or willpower.



THE COST

The tasks that matter most on paper are often the hardest to start, and the ones that matter least can swallow an entire afternoon.

You know the report is due Friday. You have known since Monday. You have opened it four times and closed it four times, and in between you reorganised a drawer that did not need reorganising, and you were fully, completely absorbed in that drawer the whole time. Nobody chose the drawer over the report. The drawer offered the reward system something the report did not, on that particular Wednesday, and the wiring answered the offer it got.

This is sometimes called an interest-based nervous system, a phrase clinicians use more often than researchers do. It fits the pattern well enough to be useful, even without a large study behind the exact mechanism. Attention here runs on interest, novelty, challenge, urgency, and passion, in whatever order the moment supplies them, and importance alone rarely moves it.

Time runs on the same odd rules. An hour spent in the right task can pass like ten minutes. Ten minutes spent waiting on a kettle can drag like an hour. Time blindness is one of the most consistently reported parts of ADHD, across every age group studied, and it explains a great deal that gets filed under carelessness. You were not careless about the time. You could not feel it going.

Executive function, the system behind starting, planning, holding a sequence of steps, and switching between tasks, runs on a different setup here, not a smaller one. It is why a genuinely capable mind can stall at the exact moment a simple task needs to begin, and why the same mind can run four steps ahead of everyone else the moment something interesting shows up.

None of this makes the good days a superpower and the bad days a character flaw. It is one system, working the way it works. Hyperfocus that clears an entire afternoon on the right project is the same setting that clears an entire afternoon on the wrong one. The brain is not underactive here. It is underaroused, reaching for enough stimulation to hit a baseline other wiring reaches without trying, and most of what gets called a symptom from outside is that system doing its actual job.

SESSION

QR-6, The Interrupt, one minute, for the moment you are stuck at the door of a task you already know how to do. QR-8, Focus Spike, ten minutes, once you are in and need to stay in.



02 CHAPTER 2 AUTISTIC

The wiring: sensory and social information processed at higher fidelity, more detail taken in per second, not a smaller ability to connect.



THE COST

Matching a room built for lower fidelity takes real, continuous effort, and the effort has a bill.

A fluorescent light that nobody else in the room seems to notice can sit at the exact edge of tolerable, all day, every day it stays on. A social rule nobody wrote down out loud, said once, years ago, still applies, and applies exactly, because it was never filed under roughly the way it was for everyone else. This is not lower-resolution processing struggling to keep up. It is higher-resolution processing taking in more than the room was built to expect.

Precision replaces approximation here, in both directions. A promise means what it said, not what was probably meant. A pattern, once seen, tends to be seen completely, structure and edges included, which is why autistic pattern recognition so often catches what a faster, blurrier scan misses entirely.

Passing as neurotypical in a room that was not built for this wiring is called masking, and it is not simply a social skill turned up. It carries a real physiological cost that shows up in the body, not only in mood, and the exhaustion that follows a day of it is frequently mistaken for laziness or low motivation by people who never saw the work being done. Girls and women often learn to mask earliest, well enough and young enough that even they can lose track of where the performance ends and the actual response begins.

None of this is a smaller way of being in the world. It is a different one, running at a resolution most rooms were not designed to hold.

SESSION

RESTORE, Signal Silence, for the end of a day spent holding a room together. RECOVER, Jaw & Face Release, after any stretch of sustained social exposure.



CHAPTER 3

AUDHD

The wiring: both systems running at once, the autistic pull toward routine and predictability and the ADHD pull toward novelty and stimulation, active at the same time.



THE COST

Two genuine needs pulling in different directions, at the same moment, which can produce a paralysis neither system alone explains.

A day can start with a plan that has to stay exactly the same to feel safe, and by mid-morning the same mind is starving for something new enough to hold its attention, and both of those are true at once, in the same body, with no vote scheduled between them. This combination is missed for years more often than either condition alone, because each system is good at covering for the other in a doctor's office, a classroom, a first date. Many people carrying both were told they had one, or neither, for a long time before the fuller picture came into view.

AuDHD has far less research behind it than autism or ADHD on their own. What exists describes real people clearly. It does not yet explain the mechanism well, and anyone who tells you it does is ahead of the evidence.

Self-identifying with AuDHD, without a formal assessment, is a real and reasonable path for a great many people who recognise both patterns in themselves and cannot get, or cannot afford, a full evaluation. It carries less institutional weight than a diagnosis. It can still hand you real language for your own experience, and that language is not nothing.

SESSION

check the state before picking a track. Autistic-leaning day, start with RECOVER's Let-Down Recovery. ADHD-leaning day, start with QR-6, The Interrupt, or QR-8, Focus Spike. A full collapse day, RECOVER's Permission to Stop, and permission to take the full sixty minutes.



04

CHAPTER 4 HIGHLY SENSITIVE

The wiring: deeper processing of sensory and emotional information, finer discrimination, more noticed per moment.



THE COST

Environments built for average input can arrive as flood rather than input.

P sychologist Elaine Aron named this pattern sensory processing sensitivity in the early 1990s, and her research puts it at somewhere around fifteen to twenty percent of people generally, a figure repeated widely since. Treat that range as an estimate carried from one line of research, not a settled count, and treat the pattern itself as real regardless of the exact number. A room that reads as pleasantly lively to most people can read as genuinely too much here, not because something is wrong, but because more of the room is actually being registered.

Empathy runs deep and often runs early, picking up what someone else is carrying before they have said a word about it. Aesthetic and emotional experience lands at a level most people only reach occasionally. None of this is fragility dressed up in kinder language. It is a nervous system tuned to notice more, in a world that was not built with a lower-volume setting in mind.

Overwhelm in loud, bright, chaotic environments is not a lower tolerance for the world. It is what higher fidelity costs when the room does not adjust for it.

SESSION

start at half volume, always. RESTORE's Ground State, or RECOVER's Pre-Sleep Wind-Down, before either version of anything else in the library.



05

CHAPTER 5 NEUROTYPICAL

The wiring: sequential, linear processing, a steady match to standard reward and consequence structures.



THE COST

This wiring is not easier. It was simply not the one being tested by a world already shaped to fit it.

Most of the built world, the school day, the open-plan office, the forty-minute meeting, was shaped around this processing style by default, which is why it tends to remove friction here rather than create it. That is not

the same as an absence of difficulty. It is an absence of the specific friction the other four wirings run into constantly, in rooms that were never built with them in mind.

Neurotypical does not mean easier. It means the environment already matches the operating system, most of the time. The tools in this guide still apply here. The entry point is different, not absent.

SESSION

any REGULATE track works as a plain check-in, no brain type required. QR-11, Mind Reset, fifteen seconds, before anything that needs a clear start.



PART B

EXPLORE IT FURTHER

If a page is not enough, these open the same territory as a conversation instead.



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CHAPTER 6

FIVE WAYS TO EXPLORE THIS WITH AN AI INSTEAD

A page can only go so far. If you want a longer conversation, paste one of the five prompts below into Claude, ChatGPT, or Gemini, and answer its questions one at a time. None of this is a diagnosis, and an AI conversation is not a clinician. What it can do is help you find language for your own experience, the same way this guide tries to, at whatever length you need tonight.

Where to start. Use this one first. It works for every brain type.

"I want to explore my brain type. I am not looking for a diagnosis, I want language for my experience and how my mind works. Ask me questions one at a time covering attention and focus, sensory experience, social processing, emotional experience, executive function, energy and recovery, special interests, how I learn, and childhood patterns. After all areas, give me

a summary in plain language. Frame everything as a different operating system, not a disorder. Begin by asking about the last time I felt completely in flow."

If the ADHD chapter sounded like you. Use this once the first prompt has pointed toward attention and urgency.

"I want to understand whether I have an interest-based nervous system, where attention is governed by interest, novelty, challenge, urgency, or passion, not importance or willpower. Ask me questions one at a time covering what I can hyperfocus on, what I cannot start even when it matters, my relationship with time, performance under pressure versus with time to spare, emotional responses to interruption, and managing have-to versus want-to tasks. Frame everything as how my nervous system works, not as personal flaws. Begin by asking about a project I started with enormous energy and never finished."

If the Autistic chapter sounded like you. Use this if sensory or social processing stood out.

"I want to explore how I process sensory information and navigate social environments. Ask me questions one at a time covering sensory experiences with sound, light, texture, and crowds, social energy and how I recover from it, unspoken social rules, my need for routine and predictability, special interests, masking, how I present publicly versus alone, and when I feel most like myself. Frame everything as a different processing style with genuine strengths. Begin by asking about an environment where my nervous system genuinely relaxes."

If neither one fit alone. Use this if you suspect both patterns are present together.

"I want to explore whether I might be AuDHD, carrying both autistic and ADHD traits at the same time. Ask me questions one at a time about the tension between needing routine and needing novelty, sensory sensitivity combined with sensation-seeking, wanting deep connection but finding its

upkeep exhausting, executive function challenges that feel more layered than expected, masking in more than one direction, burnout after sustained high-functioning periods, emotional intensity arriving from both systems, and the internal contradiction of two conflicting sets of needs. Begin by asking about a recent week when I felt genuinely like myself."

Matching sessions to what you found. Use this last, after pasting your summary from any prompt above alongside it.

"Based on my brain type summary above, help me understand using the ADHD Mindflow session library. Tell me which nervous system states my brain type most commonly needs to regulate from, whether I should start with the nature-bed or Pure Frequency version, which session length works best as a daily practice, what signals a session is working versus too much input, and the one state my brain type is most vulnerable to and what to do the moment it arrives. Tailor this specifically to my brain type summary, not to generic advice."



PART C

WHAT THIS GUIDE IS NOT

What to do with what you found, and where to go if tonight is not a reading kind of night.



07

CHAPTER 7

WHAT TO DO WITH WHAT YOU FIND

Name it without shame. ADHD, Autistic, AuDHD, Highly Sensitive: these are descriptions, not verdicts. You have been running this brain your entire life. A name for it gives you access to the right toolkit, nothing more and nothing less.

Stop using the broken version of the language. "I'm bad at organising" becomes your executive function works differently. "I'm too sensitive" becomes your sensory processing runs at higher fidelity. The words you use for yourself shape how you treat yourself, every day, whether you say them out loud or not.

You do not need a clinical diagnosis to start. Waiting lists are real. Gatekeeping is real. Your own experience of your own nervous system is also real, and it does not require outside validation to be true. If a formal

assessment matters to you, for access to support or simply to know for certain, it stays worth pursuing. It is a different path to the same self-knowledge, not the only valid one.

Use the tools. Observe what happens. Trust what you notice, more than you trust this guide. The sessions in this library reach every brain type, because the signal underneath does not check which operating system received it. Start wherever REGULATE points you. Everything else opens from there.

You have been operating your whole life without a manual for your own brain. Every challenge you attributed to personal failure was, more often than not, a brain doing its best without the right input, the right environment, or the right information about itself.

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CHAPTER 8

IF YOU ARE NOT SAFE RIGHT NOW

This is a short chapter, on purpose, and it says one thing plainly. If reading about your own mind tonight has brought up more than curiosity, if some part of this has you thinking about hurting yourself or not wanting to be here, this guide is not the right kind of help for that, and neither is any community, any founder, or any download. Please reach a real person, right now.

United States. Call or text 988, any time, free.

Canada. Call or text 988. Talk Suicide Canada is also reachable at 1-833-456-4566.

United Kingdom, and most of the European Union. Call 116 123, free, at any hour. The same three digits reach a local service in each country where it has been set up.

Australia. Lifeline, 13 11 14.

Anywhere else, or if none of the above fits where you are, two real, actively maintained directories cover most of the world: findahelpline.com and befrienders.org. Both list free or low-cost services by country, checked and kept current, which a page like this one cannot promise to stay on its own.

You are allowed to need this. Reaching out is not a smaller version of managing it yourself. It is the actual move, and it works.

THANK YOU

Every session named in this book lives inside ADHD Mindflow, the community these books were written for.

skool.com/aural-balance-1878

Rate the noise in your head, one to ten, before you press play and again after. Decide from your own two numbers, not from me.

ADHD MINDFLOW. FAST MIND. CLEAR SIGNAL.