The Map of My Own Mind

Eight everyday dimensions every mind sits somewhere on — including yours.

EQUALITION
Be Kind. Be Curious.

Mark a dot on each line for where you usually sit. There is no right end, no score, and no diagnosis here — your dots can even move with context, and that's normal too. Most people have never been asked; most people find at least one dot surprising. That surprise is the useful part: it's usually a place where you've been paying a cost without a name.

RATE YOURSELF

Recharging

around people — in solitude

Sound & focus

buzz helps me work — quiet helps me work

Instructions

tell me — I'll hold it — write it down for me

Planning

structure first — improvise and adjust

Attention

many threads at once — one deep thread

Transitions

I switch fast — I need a runway

Feedback

direct, straight away — considered, with warning

Thinking & the body

still to think — moving to think

REFLECT

Something that **costs me more energy** than people around me might guess — tick what fits:

- ☐ Masking or holding back stims
- ☐ Small talk and social performance
- ☐ Noise, light or crowded spaces
- ☐ Instructions with nothing written down

Something else: _____

Something that **reliably gives me energy back** — tick what fits:

- ☐ Quiet time alone
- ☐ Time on a special interest or hobby
- ☐ Moving my body — walking, stimming, fidgeting
- ☐ Being with people who "get it"

Something else: _____

If some of these dots landed further from "typical" than you expected — that's information, not a verdict. Some people find it's the beginning of a very useful conversation.

If you're wondering where to go next, you're welcome to get in touch — through the contact form at equalition.com.