Which Neurodivergent Role Are You?

Choose your player: discover your Prime Default Role.

A FREE QUEST FROM THE UPCOMING BOOK

The Neurodivergent's Guide to Life · Coming Soon

Your neurodivergent brain keeps four background tabs open 24/7: **Social Processing, Executive Function, Sensory Filtering** and **Affective Regulation.** Under pressure, it triages, pouring its remaining energy into one. That tab is your role. **Tick the option that fits you best right now.**

Neurotypical ally? Take it with a neurodivergent loved one in mind to understand how to support them.

PART 1 · THE SOURCE OF YOUR DRAIN

Both fit equally? Tick BOTH.

1 On a hard week, what wears you down most?

- ☐ A What's inside me: my energy, my mood, or getting myself going
- ☐ B What's around me: noise, light, people and unspoken social rules
- ☐ BOTH

2 A rough day for you usually involves…

- ☐ A Unstarted tasks, lost time, or emotions running the show
- ☐ B Too much input, or the effort of decoding everyone around me
- ☐ BOTH

3 What would help you most right now?

- ☐ A More inner capacity: focus, energy, emotional steadiness
- ☐ B A gentler world: quieter spaces, clearer people, fewer surprises
- ☐ BOTH

4 After a draining day, you're most likely to say…

- ☐ A "I couldn't make myself do it" or "my feelings took over"
- ☐ B "It was too loud, too much, too many people"
- ☐ BOTH

5 On a good day, the biggest difference is…

- ☐ A I had the energy and steadiness to do what I wanted
- ☐ B My surroundings and the people in them were easy to be around
- ☐ BOTH

PART 2 · THE NATURE OF YOUR COLLAPSE

Both fit? Tick the one that fits a little more.

6 When you hit a wall, it looks most like…

- ☐ C Big feelings: sudden mood swings, tears, anger or a crash
- ☐ D Freeze: I can't start, switch focus or think my way out

7 Rejection or criticism usually…

- ☐ C Hits instantly and intensely, like a wave
- ☐ D Sends me looping, over-analyzing every detail

8 In shutdown, your inner world feels…

- ☐ C Volatile, raw and emptied of capacity
- ☐ D Gridlocked, foggy and stuck on repeat

9 What brings you back fastest?

- ☐ C Space to feel and recover at my own pace
- ☐ D A clear next step, or a spark that gets me moving

10 After a shutdown, what lingers longest?

- ☐ C Emotional exhaustion and rawness
- ☐ D Brain fog and trouble getting started again

A ticks	B ticks	BOTH ticks	C ticks	D ticks
Internal	*External*	*Part 1*	*Emotional*	*Mental*
____	____	____	____	____

◆ **Part 1:** more A's = **A**. More B's = **B**. A and B the same, or just one apart = **Mixed**.
Part 2: more C's = **C**. More D's = **D**. *Put your two results together and meet your role on the next page*

YOUR RESULTS

Meet Your Role

The roles aren't diagnoses. They're adaptive survival patterns that shift with your load.

THE ORACLE

B + D

Manages Social Processing via Foresight

SPECIAL ABILITIES

Deep pattern recognition and intuitive insight. A master strategist who reads the room.

DRAIN

The high load of social decoding and masking.

BOSS-BATTLE GEMS

Connection (3), Perception (6), Expression (7)

Core need: Predictive clarity

THE CATALYST

A + D

Manages Executive Function via High Agility

SPECIAL ABILITIES

Rapid initiation, hyperfocus and a boundless, inventive drive.

DRAIN

A constant fight for momentum against executive function friction.

BOSS-BATTLE GEMS

Awareness (1) and Integration (10)

Core need: Novel momentum

THE SHIELD

B + C

Manages Sensory Filtering via Stability

SPECIAL ABILITIES

Incredibly high sensitivity, deep empathy and a profound awareness of your environment.

DRAIN

The moment-to-moment battle with sensory overload.

BOSS-BATTLE GEMS

Awareness (1) and Regulation (2) first

Core need: External sanctuary

THE ALCHEMIST

A + C

Manages Affective Regulation via Transformation

SPECIAL ABILITIES

Immense emotional depth and the resilience to metabolize intense internal states.

DRAIN

Managing emotional spikes and chronic depletion.

BOSS-BATTLE GEMS

Regulation (2) and Compassion (4)

Core need: Sovereign capacity

THE SENTINEL

MIXED + D · FUSION ROLE

Part 1 Mixed and Part 2 D? Your internal and external drains are pulling at you equally, so your Oracle and Catalyst demands are competing. That's the Sentinel: the AuDHD tug-of-war. **Special abilities:** complex multimodal intelligence and adaptive shifting. **Dual needs:** novel momentum *and* predictive clarity. **Start with** the Catalyst's foundation (Awareness, Gem 1), then the Oracle's (Expression, Gem 7).

Part 1 Mixed and Part 2 C? *That isn't the Sentinel. Your Shield and Alchemist needs are competing, so read both roles.* **Part 2 only one apart (3 vs 2)?** *Read the role for your other letter too. Two needs are competing, and both deserve attention.*

THIS QUIZ IS ONLY THE FIRST STEP · COMING SOON

The Neurodivergent's Guide to Life

Find and traverse the whole quest, all 12 levels and 10 Gems, in the upcoming book.

An Illustrated Odyssey into Healing & Living Divergently · Shaniah Quadras-Phillipps & Andrew Phillipps

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This quiz is a tool for reflection and education. It is not a clinical assessment, diagnosis or substitute for professional care. If you are in crisis, call or text 9-8-8 (Canada) or call 9-1-1.