

Here is the complete compilation of your queries combined into a single, comprehensive overview:

1. The AuDHD Pseudo-Code Brain

The **AuDHD (Autism + ADHD) brain** can be modeled as a constant internal conflict between the autistic need for **structure and routine** and the ADHD craving for **novelty and dopamine**.

```
import time
import random

class AuDHD_Brain:
    def __init__(self):
        # Autistic traits
        self.routine_required = True
        self.pattern_recognition = "Maximum"
        self.justice_sensitivity = 100
        self.social_battery = 40 # mAh (drains quickly)

        # ADHD traits
        self.dopamine_level = 5 # Crucially low by default
        self.executive_function = None # Error 404: Not Found
        self.interest_stacks = []

        # Current State
        self.is_overwhelmed = False
        self.current_hyperfixation = "Ancient Civilizations"

    def morning_routine(self):
        """The daily conflict between predictability and
        boredom."""
        print("[Autism]: Attempting to execute exact 12-step
        morning routine...")

        if self.dopamine_level < 20:
            print("[ADHD]: Interrupting! Routine is boring. Let's
            look at the phone.")
            self.dopamine_chase(duration_hours=2)
            self.executive_function = "Paralyzed"
            self.is_overwhelmed = True
            print("[Autism]: Crisis! Schedule ruined. Commencing
            shutdown sequence.")
```

```

def dopamine_chase(self, duration_hours):
    """ADHD forces a search for neurotransmitters."""
    for hour in range(duration_hours):
        new_interest = f"Random Hobby #{random.randint(100,
999)}"
        self.interest_stacks.append(new_interest)
        self.dopamine_level += 15
        self.current_hyperfixation = self.interest_stacks[-1]
        print(f"[ADHD]: New hyperfixation acquired:
{self.current_hyperfixation}!")

def process_task(self, task):
    """How decisions and actions are handled."""
    if self.is_overwhelmed:
        return "Executive Dysfunction: Task ignored while
staring at a wall."

    if task == self.current_hyperfixation:
        print("[System]: Entering Hyperfocus Mode.")
        self.dopamine_level = 100
        self.social_battery = 0 # Drains other resources
        return "Task completed perfectly at 3:00 AM. Forgot to
drink water."
    else:
        print("[ADHD]: This task provides 0 dopamine.")
        print("[Autism]: But this task is required for a
logical, orderly life!")
        return "Result: Intense internal debate. No physical
movement occurs."

def social_interaction(self):
    """Processing social data in real-time."""
    print("[Autism]: Manually running
Social_Script_v4.2.exe...")
    print("[Autism]: Analyzing facial micro-expressions.
Calculating appropriate eye-contact interval...")

    if self.social_battery < 10:
        self.is_overwhelmed = True
        return "Sensory overload. Leaving the party without
saying goodbye."

    print("[ADHD]: Blurting out a highly specific, unrelated
fact about my current hyperfixation.")
    self.social_battery -= 20
    return "Interaction complete. Initiating 3 days of
post-event overthinking."

```

2. Origins of the Phrase

The specific phrase "**pseudo-code brain**" (along with concepts like the *"Unified Theory of AuDHD Self-Regulation"*) was popularized online by a neurodivergent researcher and content creator posting under the alias **AuDHDmindset** (Shawn Bernard). He frequently uses the exact phrasing *"design is logical and pseudo-code brain"* and *"a simple logic loop problem for a pseudo-code brain like mine"* across platforms like **Reddit, Substack, and Facebook** to describe how the AuDHD brain visualizes life through structured, algorithmic coding scripts.

More broadly, writing out personal neurodivergent experiences as literal lines of computer code is a widespread, collaborative trend within the **neurodiversity community**. Because the combination of Autism and ADHD creates highly structured yet deeply chaotic logical paradoxes, thousands of tech-minded AuDHDers have adopted this "pseudo-code" framing on TikTok and Reddit to visualize their executive dysfunction, masking scripts, and dopamine loops.

3. Deep Dive into AuDHD Logic Loops

When these two processing styles collide, they often create literal "software deadlocks"—situations where two opposing commands lock the system up entirely.

The Dopamine / Novelty Deadlock (The "I Need to Do Something, but Everything is Boring" Loop)

This occurs when the autistic side demands a meaningful, predictable activity, but the ADHD side rejects every option because its dopamine threshold isn't met.

```
WHILE dopamine_level == Critically_Low:
    IF activity == "Familiar/Routine":
        ADHD_System.reject("Boring. No dopamine. Request denied.")
    ELSE IF activity == "New/Spontaneous":
        Autism_System.reject("Unpredictable. Requires too much
energy. Request denied.")
    ELSE:
        Brain.execute("Sit on the edge of the bed scrolling phone
for 3 hours.")
```

The Task Transition Glitch (The "Wait State" Loop)

Autistic processing heavily relies on clear transitions between tasks. ADHD processing resists starting things until the absolute last minute. When you have an appointment later in the day, the

brain enters **"Waiting Mode."**

```
IF appointment_time == "3:00 PM" AND current_time == "11:00 AM":  
    FOR each_minute_until_3PM:  
        System.set_state("WAITING_ROOM")  
        Try_To_Start_Productive_Task()  
        -> ERROR: Cannot open new process.  
        -> REASON: Pending background event at 3:00 PM.
```

The Social Script / Impulsivity Crash (The Post-Social Audit Loop)

During a social interaction, the autistic system relies on a manual "Social_Script.dll" to mask and copy normal social behavior. Meanwhile, the ADHD system likes to impulsively blurt things out or share a highly specific random fact to keep things interesting.

```
DURING Social_Interaction:  
    Autism_Mask: "Smile, maintain 3 seconds of eye contact, nod."  
    ADHD_Impulse: *Interrupts with a 5-minute monologue about whale  
migration patterns*  
  
AFTER Social_Interaction:  
    RUN Post_Event_Audit()  
    WHILE trying_to_sleep:  
        Analyze_Line_Of_Dialogue(loop_count = 1000)  
        IF cringe_detected == True:  
            Release_Cortisol()
```

The Demand Avoidance / Perfectionism Loop (PDA Logic)

Pathological Demand Avoidance (or Pervasive Drive for Autonomy) is common in AuDHD. If a task becomes a "must-do" (a demand), the nervous system perceives it as an actual physical threat. If you add the autistic need to do it perfectly, the loop completely breaks down.

```
IF Task == "Required_By_Society" OR Task == "Self_Imposed_Goal":  
    System.perceive_as("Threat_To_Autonomy")  
    Trigger_Fight_Or_Flight()  
  
IF Attempt_Task_Anyway == True:  
    IF Outcome != "100%_Perfect":  
        Raise_Exception("Total_Failure_Imminent")  
        Abort_Task()
```

Would you like to design a custom **"patch" or override script** to address one of these specific loops (like breaking out of **Waiting Mode**), or should we format this code block into a specific **file type** for you to save?