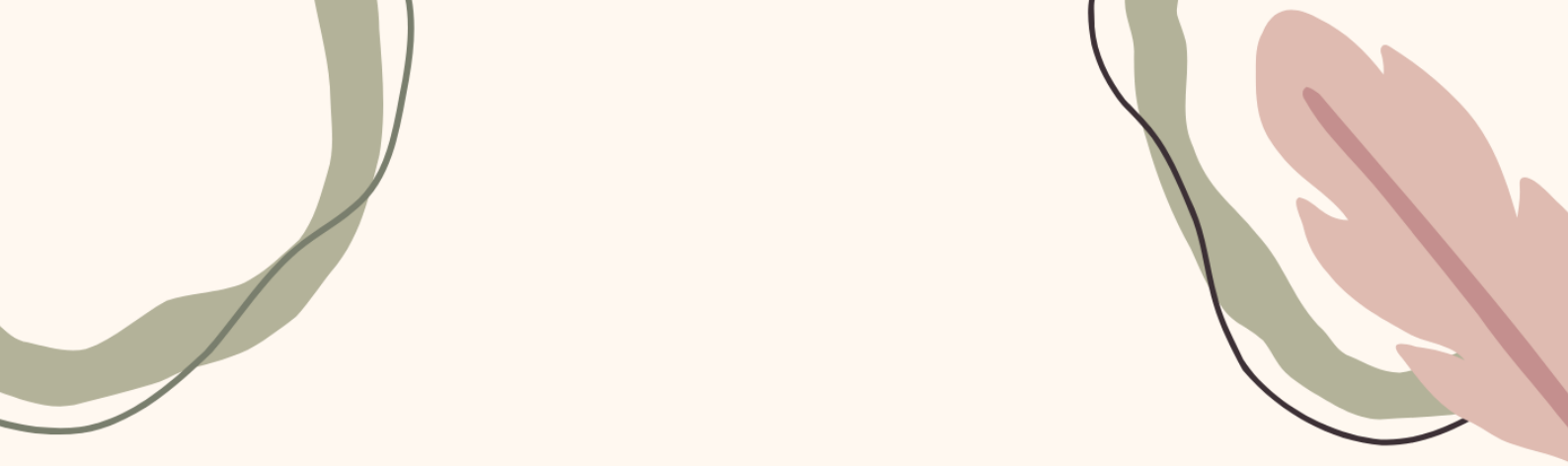
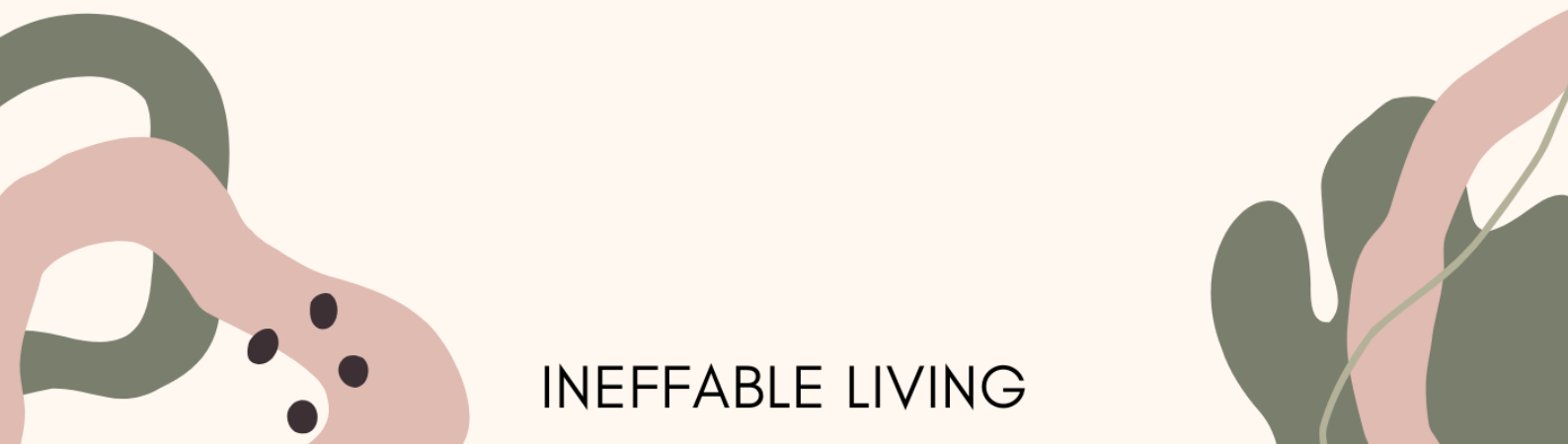




ADHD

Worksheets

An Affordable Guide To Help You On Your
Healing Journey



INEFFABLE LIVING

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How Does ADHD Show Up in Your Life

The following are common issues related to ADHD. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I often struggle to maintain focus on tasks, especially ones that require sustained attention.”	1-2-3-4-5
2. “I tend to become easily distracted, even during conversations or when working on important projects.”	1-2-3-4-5
3. “I frequently find myself making careless mistakes due to overlooking details or rushing through tasks.”	1-2-3-4-5
4. “I have difficulty organizing my thoughts and tend to feel overwhelmed by large or multi-step assignments.”	1-2-3-4-5
5. “I often feel restless or fidgety, especially when I need to sit still for an extended period of time.”	1-2-3-4-5
6. “I frequently misplace or lose important items, which can be frustrating and time-consuming.”	1-2-3-4-5
7. “I struggle to follow through on tasks or commitments, often leaving projects unfinished.”	1-2-3-4-5
8. “I have difficulty remembering appointments, deadlines, or obligations without reminders or prompts.”	1-2-3-4-5
9. “I find it challenging to regulate my impulses, often acting before fully considering the consequences.”	1-2-3-4-5
10. “I tend to procrastinate on tasks that don't capture my immediate interest or provide a sense of urgency.”	1-2-3-4-5

11. "I often feel as though my mind is racing with multiple thoughts or ideas at once, making it hard to prioritize."	1-2-3-4-5
12. "I have a tendency to take risks or seek out high-stimulation activities to alleviate boredom or restlessness."	1-2-3-4-5
13. "I frequently switch from one task to another without completing the initial one, leading to a sense of disorganization."	1-2-3-4-5
14. "I have difficulty regulating my emotions, especially when experiencing frustration or impatience."	1-2-3-4-5
15. "I tend to engage in daydreaming or zoning out, losing track of time or responsibilities."	1-2-3-4-5

Score: _____/75

The score reflects the severity and impact of ADHD on your life.

1. Was there anything about your score that surprised you? If yes, what specifically?

2. Did any of the statements resonate with you more than others?

3. Which of the identified patterns or habits from the questionnaire do you feel most interested in working on changing?

How Does ADHD Impact Your Relationships

The following are common relationship issues related to ADHD. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “My partner often expresses frustration with my tendency to interrupt or talk over them during conversations.”	1-2-3-4-5
2. “I have difficulty focusing during one-on-one discussions and frequently find my mind wandering.”	1-2-3-4-5
3. “I tend to procrastinate on tasks and responsibilities, leading to stress in my relationship.”	1-2-3-4-5
4. “I often feel restless or fidgety during quiet or intimate moments with my partner.”	1-2-3-4-5
5. “I find it challenging to control my impulses, which has led to conflicts in my relationship.”	1-2-3-4-5
6. “I frequently struggle with regulating my emotions, leading to mood swings and tension in my relationship.”	1-2-3-4-5
7. “I frequently forget to follow through on plans or commitments I've made with my partner.”	1-2-3-4-5
8. “I experience frequent shifts in interests or hobbies, impacting shared activities with my partner.”	1-2-3-4-5
9. “I often feel emotionally scattered and find it challenging to provide consistent support and validation for my partner's needs.”	1-2-3-4-5

Score: ____/45

The score reflects the severity and impact of ADHD on your relationship.

Time Management Assessment

1. Time Audit:

- List activities and tasks typically performed in a day. Record the actual time spent on each activity

Example: Morning routine (hygiene, breakfast): 45 minutes

- Note any distractions or difficulties encountered during each task

Example: Phone notification, TV on in the background.

- For each identified challenge, brainstorm potential strategies or accommodations

Example:

- Designate specific times for checking phone notifications, such as after completing your morning routine.

- Establish a designated quiet area for breakfast preparation, separate from the TV to minimize distractions.

Make “Good Enough” Decisions

For individuals with ADHD, making everyday choices and decisions can be particularly challenging, leading to feelings of frustration, stress, and overwhelm.

1. Identify the decision:

Write down the decision that needs to be made. Be clear and specific.

Example: "Should I accept the job offer from XYZ company?"

2. Set a time limit:

Decide on a specific timeframe within which you want to make the decision. This prevents excessive rumination and helps you move forward.

Example: Decide to make the decision within the next three days.

3. List pros and cons:

List all the potential positive and negative outcomes or factors related to the decision. Try to keep this list concise and focus on the most important points.

Pros	Cons
<i>e.g. - a higher salary and - opportunities for career advancement,</i>	<i>- longer commute time - potential challenges in adjusting to a new work environment.</i>

Pros	Cons

4. Prioritize pros and cons:

Review the pros and cons you've listed and assign a level of importance or weight to each one. Consider which factors are genuinely significant and relevant to the decision at hand.

5. Consider alternatives:

Explore two or three alternative options related to the decision. Write them down below the pros and cons list. This exercise can provide additional perspective and open up new possibilities.

Example: negotiating different terms with the current employer or seeking other job opportunities.

Build Motivation

1. Write down your long-term goal(s):

- What is something you want to achieve or accomplish in the future? Make sure your goal is specific, measurable, attainable, relevant, and time-bound (SMART goal).

2. Break down your long-term goal into smaller, manageable steps:

- What are the individual tasks or actions you need to take to reach your goal? List these steps in chronological order.

3. Identify the potential barriers or challenges you might face:

- What obstacles or difficulties might arise during each step? Anticipate any potential distractions, negative emotions, or specific ADHD-related challenges.

4. Develop strategies to overcome these obstacles:

- Brainstorm solutions or coping strategies for each barrier or challenge.

5. Reflect on your personal values and reasons behind your goal:

- Why is this goal important to you?

Prioritize Your Schedule

The Eisenhower Matrix, also known as the Urgent-Important Matrix, is a valuable tool to prioritize tasks and optimize time management.

****Urgent and Important (Do First)****

- Identify tasks that require immediate attention and are directly related to important goals or responsibilities. Examples might include crucial work deadlines, time-sensitive appointments, or pressing personal matters that cannot be postponed.

****Important but Not Urgent (Schedule)****

- List tasks that contribute to long-term goals, personal growth, and well-being but may not have pressing deadlines or immediate consequences. This category could include activities like exercise, self-care practices, skill development, relationship-building, and long-term project planning.

****Urgent but Not Important (Delegate or Minimize)****

- Recognize tasks that demand immediate action but do not significantly contribute to important goals or priorities. Consider whether some of these tasks can be delegated to others or minimized to free up time and mental energy for more critical activities.

****Not Urgent and Not Important (Eliminate)****

- Identify activities that neither serve important goals nor require immediate attention. This category often includes time-wasting habits, excessive social media use, unnecessary distractions, and unproductive activities that can be minimized or eliminated from daily routines.

Urgent and Important (Do First)	Important but Not Urgent (Schedule)
Urgent but Not Important (Delegate or Minimize)	Not Urgent and Not Important (Eliminate)

Get things Done

Task: _____

Example: writing a research paper

1. Break it Down:

Divide the task into smaller, manageable steps. Write down each step in sequential order.

Example:

- *Research the topic*
- *Create an outline*
- *Write the introduction*
- *Gather supporting evidence*
- *Write the main body paragraphs*
- *Summarize key points*
- *Write the conclusion*
- *Edit and proofread*

2. Set Clear Goals:

Define what you want to achieve with this task. Write down your goals, making sure they are specific, measurable, achievable, relevant, and time-bound (SMART goals).

Example:

- *Complete the research and outline by Monday*
- *Write the introduction and main body paragraphs by Wednesday*
- *Finalize the conclusion and summary by Friday*
- *Edit and proofread over the weekend*

3. Get Organized:

Gather all the necessary materials and resources before you start. Create a workspace that is free from distractions and clutter.

Example:

- *Gather relevant books, articles, and online resources*
- *Create a folder on your computer to save all research materials*
- *Set up a comfortable and well-lit workspace free from distractions*

4. Prioritize:

Determine which steps or subtasks are most important or urgent. Rank them in order of priority so that you know where to start and focus your attention.

Example:

- *Begin with researching the topic and creating the outline*
- *Focus on writing the introduction and main body paragraphs next*
- *Reserve time for finalizing the conclusion and summary*
- *Allocate time for thorough editing and proofreading*

5. Use Visual Prompts:

Make use of visual cues, such as color-coding or sticky notes, to remind you of key information or steps in the process.

6. Set Time Limits:

Break the task into time chunks and allocate specific amounts of time for each step. Set alarms or timers to help you stay on track and maintain focus.

7. Take Regular Breaks:

Schedule short breaks between tasks or steps to recharge and prevent burnout. Use this time to engage in a quick physical activity or practice relaxation techniques.

8. Reflect and Adjust:

After completing the task, take a moment to reflect on what worked well and what didn't. Identify any challenges you faced and consider adjustments or improvements for future tasks.

Get things Done, Your Way

Remember, everyone's experience with ADHD is unique, so it may be helpful to adapt these strategies to fit your own needs and preferences. Experiment with different techniques and find what works best for you to enhance productivity and task completion.

Minimize Distractions

Individuals with ADHD may have an innate hypersensitivity to external stimuli, which makes them more prone to getting distracted when performing tasks that require sustained or continuous concentration. The following are some strategies to minimize distractions. Check off the ones you think will help or add more to the list:

- ☐ Create a dedicated workspace
- ☐ Use noise-canceling headphones
- ☐ Establish a routine
- ☐ Break tasks into smaller steps
- ☐ Utilize timers for specific periods of focused work, followed by short breaks
- ☐ Implement a task management system like calendars, planners, or apps to track and prioritize your tasks
- ☐ Remove clutter and organize your environment
- ☐ Turn off notifications
- ☐ Practice mindfulness or meditation to improve attention and reduce mental clutter
- ☐ Use fidget toys to help redirect excess energy and improve focus
- ☐ Determine which tasks are most important and focus on those first
- ☐ Set clear goals
- ☐ Use website blockers or apps to limit access to distracting websites or social media
- ☐ Create visual reminders or charts to help you stay on track with tasks and deadlines

- ☐ Experiment with different seating arrangements such as standing desks or stability balls
- ☐ Create a checklist to track your progress and provide a sense of accomplishment
- ☐ Utilize natural light, which can improve focus and mood
- ☐ Use color-coded organization systems
- ☐ Try alternative methods of note-taking, such as using voice recording apps or mind mapping techniques.

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Emotion Regulation

1. Identify the emotion:

Write down the specific emotion you are experiencing right now. Be as specific as possible.

Example: "frustration."

2. Describe the situation:

Briefly describe the situation or trigger that led to the emotion. Include details like where you were, who you were with, and what was happening.

Example: I was working on a project at work, and I encountered a problem that I couldn't solve despite multiple attempts.

3. Identify physical sensations:

Pay attention to any physical sensations associated with the emotion.

Example: I noticed tension in my shoulders and jaw, shallow breathing, and a racing heart.

4. Identify thoughts and self-talk:

Write down any thoughts or self-talk that is associated with the emotion. These can be automatic thoughts or beliefs that contribute to the intensity or duration of the emotion.

Example: I found myself thinking, "I can't figure this out; I'm not good enough for this job," and "This is never going to work out, no matter how hard I try."

5. Challenge negative thoughts:

Review the thoughts and self-talk you identified in the previous step. Ask yourself if there is evidence to support these thoughts or if they are based on assumptions or biases. Challenge any negative or unhelpful thoughts with more realistic and positive thinking.

Example: I realized that I have successfully solved similar problems in the past and that one setback doesn't define my abilities.

6. Engage in positive coping strategies:

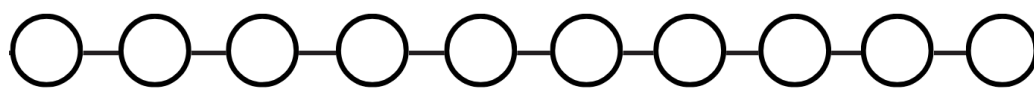
Write down at least three positive coping strategies to help regulate the emotion. These can include activities that help you relax, distract yourself, or express your emotions in a healthy way. The following are

some common example. Check off the ones you want to try or add more to the list:

- ☐ Deep breathing exercises
- ☐ Engaging in physical exercise or activity
- ☐ Journaling or writing down your thoughts and feelings
- ☐ Talking to a trusted friend or family member
- ☐ Engaging in a creative outlet, such as painting or playing music
- ☐ Engaging in hobbies or activities you enjoy
- ☐ Taking a break and engaging in self-care activities
- ☐ Using grounding techniques, such as focusing on your senses (sight, sound, touch)
- ☐ Engaging in laughter therapy or watching a comedy
- ☐ Listening to calming music or nature sounds
- ☐ Practicing gratitude and focusing on the positives in your life
- ☐ Engaging in positive distractions, such as reading a book
- ☐ Using positive affirmations and mantras
- ☐ Engaging in sensory activities, such as taking a bath or using a stress ball
- ☐ Engaging in acts of self-care, such as getting enough sleep, eating nutritious meals, and hydrating well.

7. Evaluate the effectiveness:

After implementing the coping strategy, reflect on its effectiveness in regulating your emotion. Did it help alleviate or reduce the intensity of the emotion? How would you rate the effectiveness on a scale of 1 to 10?



1 2 3 4 5 6 7 8 9 10

Addressing Impulsivity

1. Identify Triggers:

- Reflect on situations or emotions that commonly lead to impulsive behavior. Note down specific triggers such as stress, excitement, frustration, or boredom.

2. Recognize Early Warning Signs:

- Pay attention to physical or emotional cues that signal impending impulsivity. The following are some common example. Check off the ones you relate to or add more to the list:

- ☐ Racing Thoughts
- ☐ Restlessness
- ☐ Impatience
- ☐ Frequently interrupting conversations or activities
- ☐ Difficulty Focusing
- ☐ Experiencing heightened emotions
- ☐ Exhibiting disorganized behaviors in daily tasks and responsibilities
- ☐ Craving excitement and stimulation
- ☐ _____
- ☐ _____

3. Develop a Pause-Button Strategy:

- Create a plan for pausing before acting on an impulse. This can involve counting to 10, taking deep breaths, reflecting on the consequences, or physically removing yourself from the triggering situation.

4. Implement Delayed Gratification:

- Practice delaying immediate rewards or impulsive actions in favor of long-term benefits. Start with small tasks and gradually increase the duration of delayed gratification.

Reprogram Your Inner Voice To Cheer You On

1. Identify negative self-talk:

Write down the negative thoughts or messages that your inner voice often repeats. Be specific about the phrases or statements that bring you down.

Example: "I'm not good enough," "I always mess things up," "Nobody likes me."

2. Challenge the negative beliefs:

Reflect on the evidence that supports or contradicts these negative beliefs. Look for instances where you have succeeded, received positive feedback, or overcome challenges.

Example: "I received positive feedback at work for my recent project," "I have friends who genuinely enjoy my company."

3. Replace with positive affirmations:

Create a list of positive and empowering affirmations that counteract the negative self-talk. Focus on statements that build confidence, self-worth, and resilience.

Example affirmations: "I am capable of achieving my goals," "I am deserving of love and respect," "I learn from my mistakes and grow stronger."

4. Practice daily affirmations:

Choose a few affirmations from your list and repeat them to yourself every day. You can do this in front of a mirror or write them down and carry them with you.

Example: Stand in front of a mirror and say, "I am capable of achieving my goals" three times each morning.

5. Interrupt negative self-talk:

When you notice the negative self-talk creeping in, consciously interrupt it with a positive affirmation. Challenge the negative thought and replace it with a positive one.

Example: When the thought "I always mess things up" arises, counter it with "I have learned from past mistakes and continue to grow."

6. Celebrate achievements:

Acknowledge and celebrate your accomplishments, no matter how big or small. Give yourself credit for your efforts and progress, reinforcing positive reinforcement.

Example: Treat yourself to something enjoyable or indulge in a favorite activity after achieving a goal or milestone.

Practice Mindfulness

Engage in mindfulness exercises to increase self-awareness and present-moment focus.

1. Mindful Breathing

- Take a few minutes to sit or lie comfortably and focus on your breath.
- Pay attention to the sensation of your breath entering and leaving your body.
- Notice the rise and fall of your chest or the feeling of air passing through your nostrils.
- If your mind wanders, gently bring your focus back to your breath without judgment.

2. Body Scan

- Find a quiet space and start at your toes, gradually moving your attention up through your body.
- Notice any areas of tension, discomfort, or relaxation.
- Take note of physical sensations without trying to change them.

3. Mindful Observation

- Choose an object within your environment, such as a pen, a flower, or a piece of fruit.

- Observe the object as if seeing it for the first time, noticing its shape, color, texture, and any unique details.
- Engage your senses by exploring the object through touch, sight, and, if applicable, scent or taste.

4. Thought Awareness

- Sit quietly and observe your thoughts without getting caught up in them.
- Imagine your thoughts as clouds passing through the sky, allowing them to come and go without attachment.
- Notice any patterns in your thinking without trying to change them.

5. Mindful Walking

- Take a short walk at a comfortable pace, focusing on the sensations of each step.
- Notice the contact of your feet with the ground, the movement of your legs, and the rhythm of your stride.
- Stay present in the moment, letting go of distractions and returning your attention to the physical act of walking.

6. Mindful Eating

- Select a small piece of food, such as a raisin or a nut, and hold it in your hand.
- Examine the food item closely, noting its appearance, weight, and texture.
- Slowly eat the item, paying attention to the flavors, sensations, and changes as you chew and swallow.

DAILY PLANNER

TODAY:

6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 AM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	

NOTES

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TO-DO

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