A PAUSE, A PRACTICE, A NEXT STEP

Adult ADHD

Support for attention, follow-through, and daily life.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may struggle to begin or finish tasks, stay organized, remember plans, or manage restlessness and impulses. The pattern looks different across people.

01 / Notice and reflect

Which difficulty affects my day most?

02 / Notice and reflect

What external reminder could reduce the load?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek an evaluation when difficulties persist across settings or affect responsibilities. Do not start, stop, or share prescription ADHD medication without your prescriber.

Read more: NIMH · ADHD in adults

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.