A PAUSE, A PRACTICE, A NEXT STEP

Executive Dysfunction

When knowing what to do does not make starting easy.

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

A task may feel too large to enter. You might lose track of steps, forget an intention, or struggle to switch from one activity to another.

01 / Notice and reflect

Where exactly do I get stuck?

02 / Notice and reflect

What could I move out of my memory and onto paper?

03 / One next step

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

When to seek help: Seek care when difficulties disrupt essential tasks or change suddenly. A planner can support care but cannot explain the cause.

Read more: NIH · ADHD evaluation and care

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

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