A PAUSE, A PRACTICE, A NEXT STEP

Organization

A simple place for what matters today.

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 lose track of appointments, search for important items, or keep several competing lists. Too many choices can make the next step unclear.

01 / Notice and reflect

What do I lose track of most often?

02 / Notice and reflect

Which single place could hold that information?

03 / One next step

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

When to seek help: Seek support when disorganization affects safety or essential responsibilities. A provider can assess persistent attention or memory concerns, especially if they are new.

Read more: NIMH · Understanding ADHD

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

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