A PAUSE, A PRACTICE, A NEXT STEP

Time Blindness

When the passage of time is hard to judge.

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 brief task may take much longer than expected. You may become absorbed in an activity, miss a transition, or underestimate getting ready and travel time.

01 / Notice and reflect

Which transition do I often miss?

02 / Notice and reflect

How long did this task actually take?

03 / One next step

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

When to seek help: Ask for help when time difficulties repeatedly disrupt daily life. New or worsening memory or attention changes need medical assessment.

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.