The ADHD Decision Reset

Printable worksheets

These pages are from the book, for you to print and fill in as often as you like. They are free for personal use. Please do not sell or republish them.

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Worksheets

Five pages to fill in by hand. Copy or photograph a blank page before you write on it, so you can use it again.

1. Slow Lane worksheet (Chapter 6)
2. Money and undo check (Chapters 6 and 11)
3. Decision Audit (Chapter 13)
4. Decision Card (Chapter 15)
5. Decision Log (Chapter 15)

If the choice is about a relationship and you feel afraid of your partner, talk to an advocate before you fill in anything: National Domestic Violence Hotline, 1-800-799-7233, text START to 88788, or thehotline.org. If someone may see this book, keep your notes somewhere safer.

WORKSHEET 1

Slow Lane worksheet

The decision: _____

My decision date: _____

Option A: _____

Option B: _____

	RUN 1, DATE: _____	RUN 2, DATE: _____
Deal-breakers		
Must-haves		
Option A, one year from now		
Option B, one year from now		

The person I'll talk to: _____

What they helped me see: _____

My decision, on my date: _____

☐ If I was torn, I leaned toward the option that's easier to undo.

Afraid of your partner? Talk to an advocate first: 1-800-799-7233, text START to 88788, thehotline.org. In danger now: 911.

WORKSHEET 2

Money and undo check

For each option, write what it would cost to undo, and where you checked. Look things up instead of guessing. This is information, not legal or financial advice.

WHAT TO CHECK	OPTION A: COST TO UNDO	OPTION B: COST TO UNDO	WHERE I CHECKED
Health insurance COBRA, Marketplace, when a new plan starts			
Income gap in pay, how long savings would last			
Housing lease, deposit, moving costs			
Tuition and loans refund dates, grants, loan payments			
Contracts and fees phone, gym, car, cancellation fees			
Other people who depends on me, who else is affected			
In six months could I change this, and at what cost?			

Afraid of your partner? Talk to an advocate first: 1-800-799-7233, text START to 88788, thehotline.org. In danger now: 911.

WORKSHEET 3

Decision Audit

Write each decision you notice in one ordinary day and tick the repeats. Last column: default, automate, batch or hand over.

DECISION I NOTICED TODAY	REPEATS?	WHICH WAY?
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

My three to remove this week: _____

_____

_____

WORKSHEET 4

Decision Card

Fill this in on a calm day. Photograph it and keep it where you'll find it.

My small line: $_____ My medium line: $_____

Fast lane for me: _____

Middle lane for me: _____

Slow lane for me: _____

My go-to method when I'm stuck: _____

My people (for small choices and for talking through big ones):

_____

My slow-lane triggers (states that mean "not today"):

_____

_____

CRISIS AND SAFETY NUMBERS

- 988 Suicide & Crisis Lifeline: call or text 988, or chat at 988lifeline.org.
- Crisis Text Line: text HOME to 741741.
- National Domestic Violence Hotline: 1-800-799-7233, text START to 88788, or chat at thehotline.org.
- In danger now: 911.

WORKSHEET 5

Decision Log

Optional. A line each time you get stuck. After a few weeks, look for patterns and update your Decision Card.

DATE	WHAT I WAS STUCK ON	LANE IT REALLY WAS	WHAT GOT ME OUT