The ADHD Overthinking 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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APPENDIX B

Worksheets

Five pages to write on: the Overwhelm Triage page, the Weekly Anti-Spiral Setup, the Spiral Log, the Spiral Plan, and the Worry Window page. You may copy these pages for your own personal use. Printable copies are part of the free toolkit described at the end of this book.

WORKSHEET 1: OVERWHELM TRIAGE

Write everything that's shouting at you into one of the three columns. Not sure if it's Noise? Ask: "Will this matter in six months?" Today includes eating and anything due today.

TODAY (NEXT 24 HOURS)	LATER (REAL, NOT TODAY)	NOISE (WORRY, NOT MINE TO ACT ON TODAY)

MY ONE THING FROM TODAY	THEN THE NEXT ONE

☐ Tabs closed, phone on Do Not Disturb

WORKSHEET 2: WEEKLY ANTI-SPIRAL SETUP

Date: _____

Brain dump (5 minutes). Everything on your mind, no order.

EVERYTHING ON MY MIND

Sort (5 minutes).

TODAY (THIS WEEK)	LATER	NOISE

Schedule one thing (5 minutes).

WHAT	WHEN (DAY AND TIME)
One main thing:	
One tiny one (optional):	

WORKSHEET 3: SPIRAL LOG

One week, with room for two spirals a day. For each spiral, write what set it off, the type (fear, shame, uncertainty) and level (1, 2, 3), the tool you used, and how long it took to come back. Skip it if tracking makes you anxious.

DAY	TRIGGER	TYPE AND LEVEL	TOOL AND RECOVERY TIME
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Pattern I notice, and what I'll change: _____

WORKSHEET 4: SPIRAL PLAN

Fill this in while you're calm. Keep a photo of it on your phone.

NO.	MY WARNING SIGNS
1	
2	
3	

MY TOOLS BY LEVEL	WHAT I'LL DO
○ **Level 1, looping**	
◍ **Level 2, flooded**	
● **Level 3, shut down**	

One person I can text

Name and number: _____

One professional I can contact

Name and number: _____

Crisis numbers

988 Suicide & Crisis Lifeline: call or text 988, or chat at 988lifeline.org. Crisis Text Line: text HOME to 741741. In danger now: call 911.

What I do after

One small task to get going again: _____

☐ Write down how long the spiral lasted.

WORKSHEET 5: WORRY WINDOW

My window: _____ (15 minutes, same time every day)

Parking list. When a worry shows up, write it in one line and go back to what you were doing.

WORRY, ONE LINE EACH

At the window. Sort each worry. Stop when the 15-minute timer goes.

ACT ON IT: NEXT STEP AND WHEN	CAN'T ACT TODAY: LET IT GO FOR TODAY