

Review Progress Without Self Blame

Attention planning and follow through | Adults and teens 13+ | 10 to 15 minutes

Notice useful supports and revise one plan without turning difficulties into a personal verdict.

Review one recent day or task. Include what the situation asked of you and what resources were available. You are gathering information about a pattern, not deciding whether you are a good or bad person.

Notice what worked

Look for a specific condition that helped, even briefly. Perhaps instructions were clear, someone shared the task, or the starting step was visible. Give the support as much attention as the effort you used.

Describe the hard part fairly

Write the event and its context before adding an interpretation. "I forgot after the appointment changed" gives more useful information than "I never follow through." Notice any demands that were unrealistic from the beginning.

Choose a small revision

Keep one useful support and change one element that did not fit. You can also ask for an accommodation, reduce a demand, or bring the pattern to a clinician. Rest and support can be legitimate needs, not rewards for finishing.

What became more manageable and what helped?

Where did I get stuck and what was happening around me?

What would a fair description of my effort include?

What support or adjustment will I try next?