

Adult ADHD: Everyday Supports | Understand

Support the Task, Not the Self-Criticism

Adults | 5 to 8 minutes | Handout

Introduce practical changes to a task's setup without making character judgments.

When a task is difficult to start, "try harder" may tell you little about what to change. This page invites you to look at the task, the surroundings, and the support available. You do not need to solve your whole routine today.

How to use this page

Choose one ordinary task that matters to you. Read the options and mark one that seems worth testing. A strategy is useful only if it fits your situation.

Make the first action visible

"Do the paperwork" may hide several decisions. An observable start could be opening the envelope or locating one document. A clear stopping point can make the trial easier to approach. Completing the entire task is a separate decision.

Move support outside memory

A visible note, one landing place for materials, or a reminder tied to an existing event may be worth trying. Too many reminders can become noise. Choose one support you can notice and remove ones that are not helping.

PK03-01 | continued

Keep the explanation open

Adult ADHD can involve attention, organization, and follow-through difficulties, but a worksheet cannot tell you why a particular task is hard. If problems persist or disrupt daily life, discuss them with a qualified professional. Practical experiments can complement that conversation without replacing assessment or care.

1. One change in the task or environment I want to test

Facilitator notes and adaptation

Frame these as optional planning supports, not proven treatments for the individual or diagnostic indicators. Validate structural barriers and avoid implying that a better planner can replace needed services or clinical care.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA05 | National Institute of Mental Health | ADHD in Adults: 4 Things to Know

<https://www.nimh.nih.gov/health/publications/adhd-what-you-need-to-know>