

Adult ADHD: Everyday Supports | Example

Maya Makes the First Step Smaller

Adults | 5 to 8 minutes | Handout

Follow a fictional adult as they adjust the setup of a delayed task.

This fictional example concerns Maya, an adult who has been postponing a reimbursement form. The task appears on several lists, but the receipts are in different places. Seeing "finish reimbursement" makes Maya want to close the list.

How to use this page

Read the example and notice the changes in conditions. You do not have to use Maya's methods. Consider which part would fit a task in your own life.

Describe the actual obstacle

Maya identifies three separate jobs: find receipts, open the form, and enter details. The first trial becomes "put two receipts in one folder." Maya chooses five minutes after lunch, when the table is available. Finishing the form is not the goal of this trial.

Try one support

Maya places the folder beside the lunch bag as a cue. On the first day, a work call interrupts lunch and the trial does not happen. Maya moves the cue to the next predictable break rather than adding more alarms.

PK03-02 | continued

Review the fit

The next day Maya gathers two receipts but discovers a missing account code. Maya writes one question to ask the office. The task is unfinished, yet the obstacle is clearer. Maya keeps the folder and changes the next action to requesting the code. A different person might need help with reading, access, or workload instead.

1. Which change helped reveal the next obstacle?**Facilitator notes and adaptation**

This is a fictional planning example, not evidence that a method treats ADHD. Avoid interpreting a missed attempt as low motivation. Ask about access, fatigue, and context before increasing demands.

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>