

Adult ADHD: Everyday Supports | Rehearse

Ask for a Usable Support

Adults | 8 to 10 minutes | Session guide

Rehearse a concrete support request while preserving choice about disclosure.

A request can describe what helps without explaining your entire history. This rehearsal is for an ordinary planning or communication need. You decide what personal information, if any, to disclose.

How to use this page

Choose a safe person and one small request. Practice aloud, draft a message, or ask someone to read the other part. You do not need to send the request during this activity.

Describe the task and support

Try: "When several steps are given at once, I lose track. Could you send the priorities in a short written list?" Or: "Could we choose one time to check the plan?" Make the requested action clear and limited enough to discuss.

Make room for negotiation

The other person might agree, offer something different, or say no. Rehearse asking, "What could work instead?" Decide which alternatives would actually help. You do not have to accept a system that adds more work than it removes.

PK03-04 | continued

Choose a next step

Review how safe and appropriate the request feels in this relationship. You can revise it, seek advice, or decide not to use it. Formal workplace or educational accommodations follow specific processes; this conversation practice is not legal advice or a substitute for those processes.

1. My request and a workable alternative

Facilitator notes and adaptation

Consider power differences, job security, cultural expectations, and privacy. Do not pressure diagnostic disclosure. Support seeking qualified advice when formal accommodation rights or procedures matter.

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>