

Adult ADHD: Everyday Supports | Practice

A Two-Try Support Experiment

Adults | 5 to 8 minutes | Worksheet

Test one practical support on up to two occasions and notice its fit.

Choose one support from your launch plan. You might place materials together, use one visible cue, or clarify the first action. The experiment asks whether that support helps in your real setting; it does not grade your discipline.

How to use this page

Plan up to two brief opportunities over the next few days. The time shown is for planning this page, not a required daily workload. You can stop, shorten, or decline the experiment.

Change one thing

Keep the trial simple enough to notice what happened. If you add a new app, several alarms, and a different schedule at once, it may be hard to tell which change mattered. Start with the least burdensome option.

Record the useful detail

After each opportunity, note the cue, whether a start happened, and one obstacle or helpful condition. A few words are enough. Do not collect private work or health details if this page will be shared.

PK03-05 | continued

Plan for a missed opportunity

If the cue is missed, the task becomes irrelevant, or the day changes, record that if you want. There is no need to make up the trial. Bring the information to the review and consider whether the support, task, or timing should change.

1. The one support I will test and two possible opportunities

2. What I noticed after the first opportunity, including no attempt

3. What I noticed after the second opportunity, or why I stopped

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Facilitator notes and adaptation

Avoid high-stakes experiments involving medication, driving, safety-critical work, or essential care. Judge burden and fit as well as task completion. No score or clinical cutoff is implied.

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>