

Adult ADHD: Everyday Supports | Review

Keep, Change, or Retire the Support

Adults | 5 to 10 minutes | Worksheet

Review a planning experiment and make a specific decision about its next use.

A support can work on one day and fail on another. That does not make the information useless. Review the conditions around the attempt before deciding what to keep, change, or stop.

How to use this page

Use a recent trial, a remembered attempt, or a plan that never began. You do not need a complete log. Choose the parts you can recall without filling in gaps.

Look beyond completion

Did the support make the next step clearer, reduce searching, or make returning easier? Did it add pressure, cost, noise, or extra setup? An unfinished task may still reveal a missing resource. A completed task may still have required an unsustainable amount of effort.

Find one point to adjust

Was the cue visible at the relevant moment? Were the needed materials available? Did another demand take priority? Choose one explanation that fits the evidence and leave uncertain parts uncertain. Ask someone for help if the barrier is outside your control.

PK03-06 | continued

Make a decision

Keep the support as it is, change one feature, or retire it. If no attempt happened, rehearse the first action now only if that is useful. You can also decide that the task or goal needs renegotiation rather than another productivity technique.

1. What became easier, stayed hard, or added burden?

2. The most useful clue about the task or setting

3. Keep, change, or stop: my decision and next step

PK03-06 | continued**Facilitator notes and adaptation**

Use the person's priorities to define usefulness. Ongoing impairment may warrant clinical assessment, accommodations, or practical assistance; repeated worksheets should not delay these supports.

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>