

Attention-deficit/hyperactivity disorder (ADHD)

Test One Attention Support

Adults and teens 13+ | 10 to 15 minutes

A difficult task can involve attention, memory, energy, emotions, or an inaccessible setting. Pick one task you want to make easier. Whether or not you have an ADHD diagnosis, this page can help you test a support without treating a missed step as a personal failure.

Choose one task, one barrier, and one support. Try it once and note what changed before adding more tools.

Find the bottleneck

Locate the specific stuck point: remembering, starting, continuing, switching, or finishing. For example, knowing an appointment time is different from remembering to leave. Describe the obstacle before choosing a solution.

Change one condition

Try a visible departure cue, a written first step, a quieter format, or another person's agreed reminder. Decide where the support will be and when you will check it. A useful result may be learning that a different barrier needs attention.

1. What task matters to me, and where does it become difficult?**2. What barrier best fits this example?****3. What single support will I try, where, and when?****4. What will show whether it helped or needs changing?****Clinical use and adaptation**

Do not diagnose ADHD from organization difficulties or worksheet performance. Consider developmental and cross-setting history through appropriate assessment, plus sleep, health, mood, anxiety, and access. Support use does not replace comprehensive care; medication questions belong with the treating prescriber.