

ADHD Appointment Prep Worksheet

Prepare one appointment with the key question, logistics, and follow-up cue so the important part does not disappear under pressure.

What's the appointment problem right now?

Choose the practical barrier. This is an organisational aid, not medical advice or a replacement for professional care.

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| ☐ I am worried I will forget the appointment or arrive unprepared. | ☐ I have too many things to ask and cannot choose. |
| ☐ I cannot explain what has been happening clearly in the moment. | ☐ I leave appointments and lose the next step. |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
