

ADHD Emotional Reset Worksheet

Choose one body-first reset and one safe next move when overwhelm, shutdown, or fast frustration takes over.

What's the emotional problem right now?

Choose the closest experience. This is for settling the next few minutes, not solving the whole situation while flooded.

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| ☐ My feelings are too big to think clearly. | ☐ I have shut down and cannot respond or decide. |
| ☐ I am about to react more strongly than I want to. | ☐ Noise, people, or too much input is making everything worse. |
| ☐ I am stuck in shame about something I did not do. | |
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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:
