

ADHD Hard Conversation Worksheet

Prepare one clear opening, one specific request, and one pause plan before a difficult conversation.

What's the conversation problem right now?

Pick one sentence to work on. This is for a respectful first move, not for controlling the other person's response.

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| ☐ I cannot bring it up without freezing or putting it off. | ☐ I have too much to say and lose the point. |
| ☐ I am afraid it will become a fight or rejection. | ☐ I need to ask for a boundary or a change in how we do something. |
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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:
