

ADHD Late-Diagnosis Needs Worksheet

Translate one newly noticed ADHD pattern into a practical need, one boundary or support, and a low-friction next experiment.

What's the late-diagnosis problem right now?

Choose one experience. This worksheet is for self-understanding and practical support; it does not diagnose ADHD or replace clinical care.

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| ☐ I am grieving or angry about how hard things have been. | ☐ I want to change everything at once and feel overloaded. |
| ☐ I need words to explain a support need to someone else. | ☐ I keep treating an ADHD pattern like a personal failure. |
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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:
