

ADHD Late Repair Worksheet

Send one late reply, apology, or update with a clear next step instead of waiting until the delay feels impossible to explain.

What's the late-repair problem right now?

Choose the closest problem. The message only needs acknowledgement and a realistic next step; it does not need to explain your whole history.

- | | |
|--|---|
| ☐ It feels too late to reply now. | ☐ I missed something and need to tell someone. |
| ☐ I think I need to explain everything before I can message. | ☐ I am afraid of their reaction, so I keep waiting. |
-

Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
