

ADHD Reply After Disappearing Worksheet

Reconnect with one person after a long silence using a short, honest message and a realistic next step.

What's the reconnecting problem right now?

One message is enough. You do not have to solve the whole gap before saying hello.

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| ☐ It has been so long that I do not know how to begin. | ☐ I am worried they will be hurt or angry. |
| ☐ I want connection but have very little social energy. | ☐ I keep drafting and deleting the message. |
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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:
