

ADHD Shame Restart Worksheet

Restart one avoided task after a slip, delay, or forgotten commitment without turning self-criticism into another barrier.

What's the shame problem right now?

Choose the closest sentence. You are not required to feel better before making one honest repair or restart move.

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| ☐ I cannot look at the task because I feel bad about avoiding it. | ☐ I forgot or missed something and do not know how to repair it. |
| ☐ I feel like I have ruined the whole plan. | ☐ I need another person but feel embarrassed to ask. |
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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:
