

ADHD Spending Pause Worksheet

Create a small pause before a purchase when spending happens faster than you can notice it.

What's the spending problem right now?

This is not about judging the purchase. Choose one small pause that gives future-you a say.

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| ☐ I feel like I need to buy this right now. | ☐ I spend when I am stressed, bored, or looking for a lift. |
| ☐ A recurring charge or automatic purchase keeps surprising me. | ☐ I do not know if this fits with the rest of my money this week. |
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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:
