

ADHD Understand Reading Worksheet

Make one confusing reading section smaller, name the exact gap, and create a useful next question.

What's the reading problem right now?

Work with one small section. The aim is to locate the confusion, not force yourself through every page.

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|---|--|
| ☐ I read it, but nothing stays in my head. | ☐ One term or sentence stops me from understanding the rest. |
| ☐ The page is too dense to know where to begin. | ☐ I understand it a little, but cannot explain it in my own words. |
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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:
