

Day 2 Worksheet

Pulling It Together

*Decode Your
ADHD*

1. Pick something you do or don't do that you judge yourself for

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2. What is your judgement or belief around this?

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3. How does this judgement or belief help you, and how does it make you feel?

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4. What is really happening when you bring some awareness to it?

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5. How might you judge it, or what might you believe about yourself with the new awareness?

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6. How does the new way of seeing it help you, and how does it make you feel?

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