

Day 2 Worksheet

Pulling It Together

*Decode Your
ADHD*

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

2. What is your judgement or belief around this?

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?

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

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