

Day 4 Worksheet

Steps to getting your needs met

Decode Your ADHD

1. Identify what you need - is it time, space, tools, strategies etc?

2. Rehearse communicating it (without apology) - try writing it out, or speaking out loud, practicing the key points you want to make

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3. Communicate it (remember you have a right to communicate what you need)

4. Defend against inner critic (watch out for judging yourself in the aftermath)