

ADHD Autopilot Awareness & Reset Worksheet

A gentle worksheet to help you recognize, understand, and interrupt ADHD autopilot with intention.

SECTION 1: Quick Self-Check

Am I in ADHD Autopilot Right Now?

Check any that apply:

- ☐ I'm doing something but don't remember starting it
- ☐ I drifted into a task without choosing it
- ☐ I'm clicking, scrolling, or tidying without intention
- ☐ Time feels foggy or slippery
- ☐ I feel mentally overloaded or shut down
- ☐ I'm stuck in hyperfocus or bouncing between tasks
- ☐ My body feels tense, numb, or disconnected
- ☐ My environment feels like "too much"

If you checked **two or more**, you may be in ADHD autopilot mode.

SECTION 2: Where Am I in the ADHD Autopilot Cycle?

Circle or highlight the stage that matches your current experience:

1. Executive Overload

Too many tasks, decisions, or emotions; not sure where to start.

2. Default Patterns Take Over

Doing what's familiar (scrolling, snacking, cleaning micro-areas).

3. Awareness Narrows

I'm doing things but not intentionally choosing them.

4. Hyperfocus or Distraction Loop

Tunnel vision OR jumping between tasks with no completion.

5. Negative Self-Talk

“I wasted time,” “I should’ve known better,” “What’s wrong with me?”

6. Overwhelm → Repeat

Feeling stuck, drained, or spiraling back into the cycle.

Understanding your stage = knowing where to support yourself.

SECTION 3: 30-Second Reset Check-In

(Put a little box around each question so it feels simple and doable)

1. What am I doing right now?

2. What did I *intend* to be doing?

3. What’s one gentle shift I can make?

- ☐ Keep going
- ☐ Pause / rest
- ☐ Switch tasks
- ☐ Reset environment
- ☐ Ask for support

SECTION 4: Gentle Interrupt Tools

(Choose one — *tiny steps only.*)

- ☐ Set a 2-minute reset timer
- ☐ Stand up / stretch / breathe
- ☐ Name the next micro-step out loud
- ☐ Open your planner or visual cue
- ☐ Change your posture or location
- ☐ Take a sensory break (water, sound, movement)

☐ Do the “If-Then Reset”:

If I’m drifting → **Then** I will _____.

Examples:

“If I’m scrolling, then I’ll stand and drink water.”

“If I’m stuck, then I’ll switch tasks for 5 minutes.”

SECTION 5: Choose a Micro-Action (Optional)

Today, my next micro-action is:

(Examples: open the Google Doc, put one dish away, reply to the one email, set a 10-minute timer.)

SECTION 6: Compassion Corner

A gentle reminder when shame starts whispering.

- ✓ ADHD autopilot is not a failure
- ✓ Your brain is conserving energy
- ✓ Awareness is progress
- ✓ Small shifts count
- ✓ You’re doing your best in a hard moment

Write one sentence of kindness to yourself:

SECTION 7: End-of-Day Reflection (Mini Log)

Date:

What patterns did I notice today?

What helped interrupt autopilot?

What might help tomorrow?

Date:

What patterns did I notice today?

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