ADHD Emotional Intensity Recovery Plan

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

Adhd And Neurodivergent Support

Name fast-rising emotion and plan regulation, communication, and repair.

A gentle beginning There is no correct pace or perfect answer. Write, draw, dictate, circle, translate, pause, ask for support, or stop. Your response is information-not a grade. Protecting your capacity and privacy is part of the work.

Michelle's tip

- Try replacing "What is wrong with me?" with "What might my mind or body be protecting, communicating, or managing?" Reframing does not erase harm. It can make room for dignity, context, and choice.

Mindful orientation

Notice one neutral detail, one point of physical support, and one choice available now. Breath focus is optional. A plant, pet, window, stone, weather sound, or remembered landscape can also be an anchor.

Psychoeducation without shame A response can make sense in context and still be exhausting now. Understanding a pattern is not approval, blame, diagnosis, or a promise of outcome. It is one way to increase language, choices, and informed support.

Notice - Validate - Choose

Notice: What is observable in body, thought, behavior, context, and impact?

Validate: What becomes understandable when history, stress, access, power, culture, disability, and safety are considered?

Choose: What option, boundary, question, accommodation, or support is available?

Your reflection pages

1. Where is the hidden effort or friction?

2. What sensory, time, transition, or processing need is present?

3. What external support could carry part of the task?

4. What would a more accessible version look like?

One supportive next step What is the smallest action that respects energy, privacy, access, and safety today? "No action yet" may be honest.

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Affirmation

- My pace is worthy. I can seek information, ask for support, protect my privacy, and choose what fits me.