

Journal Prompts: ADHD/ADD

Self-Awareness and Identity

1. How do I feel today? What emotions are most present, and how do they show up in my body or mind?
2. What are my biggest strengths or talents? How can I use these strengths to help me succeed in everyday life?
3. What are the biggest challenges I face due to ADHD/ADD? How do these challenges affect my daily routines or relationships?
4. What specific tasks or activities do I find most difficult? How do I feel when I need to do them?
5. How do I respond to changes in my routine? Does it affect my focus, mood, or energy levels?
6. When I think about my unique brain and how it works, what comes to mind? How does it help or hinder me in certain situations?

Emotional Regulation and Understanding

7. How do I feel when I'm overwhelmed by too many tasks or things to do? What signs can I notice when I am starting to feel overwhelmed?
8. How do I react when I experience frustration or impatience? What do I need to help myself calm down in these moments?
9. How do I express my emotions? Do I find it easy or hard to express how I feel? What helps me communicate my emotions to others?
10. When I'm excited or focused on something, what happens to my energy or attention? How can I channel this energy effectively?
11. What strategies help me manage stress or frustration? How can I use these techniques when I feel out of control?
12. How do I know when I'm feeling anxious or anxious about something? What are my typical thoughts or physical sensations during these times?

Organization and Focus

13. What tools or strategies help me stay organized? What routines or systems do I have in place to stay on top of things?
14. What are some tasks I have trouble starting or completing? What usually gets in the way of finishing these tasks?
15. How do I prioritize tasks when there are too many to handle? Do I have a way of deciding which to tackle first?
16. When I lose focus on something, what typically causes it? How can I bring myself back to the task at hand?
17. How do I feel when I accomplish a task or meet a goal? What helps me stay motivated to finish things?

18. What distractions do I notice most often? How can I minimize or work around these distractions to stay productive?

Time Management and Planning

19. How do I feel about managing my time? What aspects of time management are most challenging for me?
20. What tools or techniques help me keep track of appointments, deadlines, or tasks? Do I have a go-to system that works for me?
21. How do I prioritize tasks when everything feels urgent and important? How can I focus on what matters most without becoming overwhelmed?
22. How do I handle deadlines? What makes it easier or harder for me to meet them?
23. What happens when I run out of time to do everything I've planned? How do I react, and what can I do to prevent this feeling in the future?
24. How do I balance work, school, and personal time? What can I do to improve my time management skills?

Impulsivity and Self-Control

25. How do I feel when I act impulsively or make a quick decision without thinking through it? What is the result of these decisions?
26. What strategies help me stop and think before acting, especially when I'm feeling rushed or impulsive?
27. How do I manage my impulses when I feel the urge to interrupt, talk over someone, or act on something before it's the right time?
28. How do I handle situations where I want to make a change but struggle to follow through because of impulsivity?
29. What steps can I take to slow down and think things through before making a decision or acting on an impulse?
30. How do I feel after I've made a decision without enough thought? How can I learn from these moments to make better choices next time?

Relationships and Social Understanding

31. How do I feel when I'm in social situations? Do I find it easy or challenging to focus on conversations or group dynamics?
32. What social situations make me feel overwhelmed or misunderstood? How do I navigate these situations to feel more comfortable?
33. How do I communicate with others about my ADHD/ADD? Do I feel comfortable explaining my needs to friends, family, or coworkers?
34. What are some strengths I bring to my relationships with others? How can I use these strengths to foster more positive connections?
35. What helps me feel more connected to the people around me? How can I improve my social interactions or build deeper relationships?

36. How do I handle misunderstandings in social settings? What steps can I take to clear up confusion or improve my communication?

Managing Distractions and Focus

37. When I'm focused, what helps me stay in the zone? Are there specific strategies or environments that help me concentrate better?
38. How do I feel when there are multiple distractions around me? How can I minimize or manage these distractions to stay productive?
39. How do I deal with constant interruptions, either in work or personal life? How can I develop better coping mechanisms for these situations?
40. When I'm distracted, how do I bring my focus back to what I need to do? What small steps help me regain my concentration?
41. How do I balance working with others or being in a group while staying focused on my tasks or goals?
42. How can I recognize when my brain needs a break or rest, and how do I recharge when my focus is drained?

Overwhelm and Burnout Reflection

1. When I feel overwhelmed, what specific thoughts or feelings arise? How does my body feel in these moments (e.g., tense, restless)?
2. What are the biggest sources of stress in my life right now? How do they affect my ability to focus or manage my tasks?
3. How do I know when I'm heading toward burnout? What signs do I notice in my energy, mood, or motivation?
4. What tasks or activities tend to make me feel the most overwhelmed? How can I break them down into smaller, more manageable steps?
5. When I feel overwhelmed, what coping strategies or tools help me regain control? What works best for me to de-stress in those moments?
6. How do I handle situations when there's too much going on, and I can't seem to catch up? What do I do to calm myself down and avoid feeling burned out?
7. How do I prioritize my tasks when everything feels urgent and important? How can I focus on what matters most without becoming overwhelmed?
8. When I experience burnout, how does it impact my relationships or work? What does my body feel like (e.g., exhausted, disconnected, irritable)?
9. How do I respond to burnout or exhaustion? What steps do I take to recover, and what do I need to do differently next time to prevent it?
10. What boundaries can I set to prevent overwhelm and burnout from taking over my life? How can I make space for rest and self-care?
11. How do I recognize when my ADHD/ADD is contributing to my feelings of burnout or overwhelm? What strategies can I use to manage these triggers more effectively?
12. How do I replenish my energy when I feel mentally or physically drained? What activities, hobbies, or practices help me feel restored?

13. What role does perfectionism play in my feelings of overwhelm? How can I release the need for perfection and embrace progress instead?
14. How do I handle situations when I feel like I'm juggling too many things at once? How can I focus on one task at a time without feeling buried?
15. When I'm overwhelmed, do I tend to withdraw or overcommit myself? How can I find a balance between these extremes?

Managing Overwhelm and Preventing Burnout

16. How can I create a more realistic daily schedule that accommodates my ADHD/ADD symptoms while reducing the risk of burnout?
17. What self-care practices can I integrate into my day to prevent feelings of burnout and overwhelm from building up?
18. What is one area in my life that I can simplify or delegate to ease my mental load and reduce overwhelm?
19. How do I check in with myself when I'm feeling stressed or burned out? What is one question I can ask myself to assess my mental state?
20. When I'm feeling burned out, how do I communicate my needs to others without feeling guilty? How can I ask for support more effectively?
21. How do I recognize when I'm doing too much and need a break? What are some early warning signs that I should pay attention to?
22. What motivates me to push through moments of burnout? How can I balance this drive with the need for rest and self-care?
23. When I'm overwhelmed by the demands of work or school, how do I decide what can wait or be put aside for later?
24. How do I take care of my mental health when I'm on the edge of burnout? What small actions can I take to reset and recharge?
25. What helps me feel grounded and present when I'm overwhelmed by tasks or responsibilities? How can I incorporate these grounding practices into my routine?
26. What type of support do I need when I'm feeling overwhelmed or burned out? How can I seek out help from others in a way that feels supportive and empowering?
27. How do I honor my need for rest without feeling guilty or like I'm not doing enough? What does self-compassion look like for me during these times?
28. How can I set boundaries with my time, tasks, and relationships to ensure I'm not overextending myself and heading toward burnout?