

ADHD Shame Reflection Sheet

A moment I felt ashamed of my ADHD struggles was...

Describe what happened—maybe you missed a deadline, forgot something important, or avoided a task. What did your inner voice say?

What message did I tell myself in that moment?

Try to name the belief beneath the shame. Was it “I’m lazy”? “I’ll never get it right”? “I’m a failure”? These are the kinds of distorted thoughts shame feeds on.

How could I respond to myself with more truth and kindness?

What would you say to a friend in the same situation? Could you reframe the thought with honesty and empathy—like “This was hard for my brain, not a personal flaw”?

One thing I did (or can do) that deserves credit is...

Even small wins matter: sending one email, asking for help, or simply noticing you were being hard on yourself. Write it down and give yourself credit.