



The Reflection Worksheet



The ADHD Clinic
by **SHIFT**COLLAB

ADHD Reflection Worksheet

Use this reflection tool to challenge your inner critic with compassion and clarity. Each prompt invites you to pause, notice the voice of self-doubt, and respond with a kinder, more realistic perspective. With practice, this worksheet can help you build a more supportive inner dialogue and respond to challenges with greater self-awareness. This is a takeaway tool you can return to whenever you need a reminder of your strengths and values.

REFLECTION QUESTIONS

1.

What happened?



2.

What did your inner critic say?



3.

How did that make you feel?



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4.

What would you say to a friend going through this?



5.

What's a kind, true thing you could say to yourself?



6.

What do you need right now?

