

# • Self-Compassion in Time Challenges Worksheet for ADHD Women

## Overview:

This worksheet is designed to help ADHD women develop a kind and compassionate approach to their unique time-related challenges. Self-compassion is a key to healing as a masked ADHD woman. This sheet provides reflective prompts and exercises to encourage understanding and acceptance of time perception differences, ultimately building a healthier relationship with time.



## Part 1: Understanding Your Time Challenges

Could you take a moment to answer these prompts honestly? This is about understanding, not judgment.

- 1. **Could you describe a recent situation where you felt frustrated about managing time?**  
*(Examples: "I was late to an appointment," or "I couldn't complete a project by the deadline.")*

---

---

---

---

---

---

---

---

---

---

- 2. **Do you know what emotions you experienced in that moment?**  
*(Examples: guilt, frustration, shame, anxiety, sadness)*



---

---

---

---

---

---

---

---

---

---

---



**3. Do you know the thoughts running through your mind when it happened?**

*(Examples: "I can't ever get it right," or "I'm disappointing everyone.")*

---

---

---

---

---

---

---

---

---

---

---



**4. Where do you feel this frustration in your body? If you do write it down.**

*(Examples: tightness in your chest, heaviness in your shoulders, tension in your jaw)*

---

---

---

---

---

---

---

---

---

---

---

Kristen McClure MSW, LCSW



## Part 2: Reframe the Situation with Self-Compassion

Now let’s shift to treating yourself with the kindness you deserve. Imagine a friend is telling you about the same situation you just described. How would you respond to them?

# KINDNESS

### 1. What would you tell your ADHD friend if they came to you with these struggles?

*(Example: “It’s okay to struggle with this. It’s not your fault, and you’re doing your best.”)* \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---



### 2. How could you respond to yourself with the same compassion?

*(Examples: “I’m not lazy; I’m facing challenges that are real and valid,” or “This is a part of how my brain works, and I am worthy of love and understanding.”)* \_\_\_\_\_

---

---

---

---

---

---

---

---



### Part 3: Self-Compassionate Action Steps

Consider actions you can take to show yourself compassion the next time you struggle with time challenges.

1. **Choose a Self-Compassionate Mantra:**

Write down a phrase you can use when you find yourself in a difficult moment.  
*(Examples: "I deserve kindness even when things are hard"*

---

---

---

---

---

---

---

---

---

---

---



2. **Create a Plan to Pause and Reset:**

Next time you struggle, plan to take a small break before you continue. What will you do during this break to reset your mind?*(Examples: Take 5 deep breaths, stretch, make a cup of tea, or put a hand over your heart to remind yourself that you care about you.)*

---

---

---

---

---

---

---

---

---

---

**3. Write a Self-Compassionate Letter to Yourself**

Imagine you're writing to yourself from a place of love and understanding. Write a short letter acknowledging your efforts and struggles with time due to your adhd brain and affirming your strengths despite the challenges.

*(Example: "Dear [Your Name], I know managing time is difficult for you, and sometimes it feels overwhelming. You're not alone; this struggle in the neurotypical world is the same for all adhd people. I see how hard you try, and that means a lot. ")*

---

---

---

---

---

---

---

---

---

---

---

---

---

**Part 4: Reflect on Past Successes**



When managing time feels especially difficult, it can help to remember moments when things went right.

**1. Think of a Time When You Managed Time Successfully**

Describe a situation where you were proud of how you handled time.

*(Examples: "I managed to be on time for an important meeting," or "I broke down a big project into smaller steps and completed it.")*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**2. What made that moment successful?**

*(Examples: external support, a strategy that worked well, feeling well-rested)*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**3. How Can You Use These Elements in Future Challenges?**

*(Example: "I can ask for support from someone I trust," or "I can use the same visual timer that helped me then.")*

---

---

Kristen McClure MSW, LCSW

---

---

---

---

---

---

---

---

---





