

Mapping where ADHD shows up, and where it does not

ADHD doesn't show up evenly across a day. It's loud in some moments and quiet in others, and that pattern is worth noticing rather than judging.

This worksheet is for noticing where ADHD shows up across two weeks, and where it doesn't: what you were doing, where it landed, what was around it, and what you did. It's not a score, and nothing here is a test of how you're doing.

i For use alongside therapy, not as a substitute. This worksheet is for noticing your own pattern, not for scoring yourself or measuring how much ADHD affects you. Making sense of what the pattern means is a conversation to have with a clinician.

WHAT THIS IS

A way to notice your own pattern

- Two weeks of light noticing, a row a day
- A record of where ADHD shows up, and where it eases
- Information for a conversation, if you want one
- Useful alongside therapy, or as a first step on your own

WHAT THIS IS NOT

A score, a test, or a diagnosis

- Not a measure of how "bad" your ADHD is
- Not a test you can pass or fail
- Not a substitute for an assessment or a clinician
- Not something to perfect; partial entries still help

HOW TO USE IT

- 1 Once a day, for two weeks**
Jot a moment or two from your day. Evening tends to work well, but any time is fine.
- 2 Keep it brief**
A few words per cell. You're noticing, not writing a report. Skip cells if nothing comes.
- 3 At the end, look for patterns**
Read down the columns. Notice what repeats: the moments, the conditions, what helped.

AN EXAMPLE OF WHAT A ROW MIGHT LOOK LIKE

DAY & DATE	WHAT I WAS DOING	WHERE IT SHOWED UP	WHAT WAS AROUND IT	WHAT I DID
Day 1, Tue 4 Mar	Admin forms after lunch	Couldn't get started, mind everywhere	Dull task, no deadline, noisy room	Headphones on, did one box at a time

Research describes ADHD as a difference in how attention is regulated toward what is dull or not yet urgent, rather than a shortage of attention (Faraone et al., 2024).

AFTER TWO WEEKS, WHAT TO LOOK FOR

When you read down your columns, four kinds of pattern tend to surface. None of them is a problem on its own. Together they describe how ADHD is moving through your days right now.

MOMENTS THAT REPEAT

What tends to be hard

Starting dull tasks, switching between things, holding steps in mind, sitting still. The kind of moment matters more than the exact task.

CONDITIONS THAT REPEAT

What changes how it goes

Interest, a real deadline, noise, tiredness, other people. The same task can go very differently depending on what is around it.

WHERE IT EASES

What tends to flow

The things that pull you in, where attention arrives on its own. This is information too, not the part to explain away.

RESPONSES THAT REPEAT

What you tend to do

Push through, avoid, distract, ask for help, build structure. What you do in response is part of the pattern too.

A NOTE ON THE DAYS YOU SKIP Some days nothing gets written, and some weeks are patchy. That is information too, not a gap to apologise for. A sheet with holes in it still shows a pattern. The aim is noticing across two weeks, not a perfect record.

REMEMBER This is for noticing patterns, not for scoring yourself. There are no right answers, and no wrong ones.

When the two weeks are done, you can sit with what you notice, or bring it to a first conversation. Either is a fine next step.

Faraone, S. V., et al. (2024). Attention-deficit/hyperactivity disorder. *Nature Reviews Disease Primers*, 10(1), 11. · Australian ADHD Professionals Association (2022). *Australian evidence-based clinical practice guideline for ADHD* (NHMRC-approved).

Two-week tracker



One row per day for two weeks.

A few words per cell. Skip cells if nothing comes. At the end, read down the columns for the four patterns described on page 1.

DAY & DATE	WHAT I WAS DOING	WHERE IT SHOWED UP	WHAT WAS AROUND IT	WHAT I DID
WEEK 1				
Day 1 date:				
Day 2 date:				
Day 3 date:				
Day 4 date:				
Day 5 date:				
Day 6 date:				
Day 7 date:				
WEEK 2				
Day 8 date:				
Day 9 date:				
Day 10 date:				
Day 11 date:				
Day 12 date:				
Day 13 date:				
Day 14 date:				

WHEN YOU HAVE READ THE PATTERNS

You can bring this to a first conversation, or just keep noticing.

The patterns you notice are useful information, whether or not you book a session. If you'd like to talk them through, the Meet and Greet is a short call to see if we're the right fit.

MEET AND GREET

- Free
- 15 minutes
- Online or in-person
- No obligation