ADHD Break the Chain Worksheet

Interrupt impulsive loops • Build focus • Choose your next best action

This worksheet is designed for people with ADHD to slow down impulsive or distracted cycles and replace them with intentional, supportive actions. There is no shame here—only awareness and strategy.

1) Trigger (What just happened?)	
2) Body Sensation (Restless, tired, hungry, bored?)	
3) Thought (What did your brain say?)	
4) Emotion (Rate 1–10)	
5) Urge (What did you want to do?)	
6) Action You Took (or almost took)	
7) Short-Term Relief	
8) Long-Term Cost	
9) Pause Point (Where can you interrupt?)	
10) ADHD-Friendly Replacement Action	

Helpful ADHD replacements can include: a 5■minute timer, standing up and stretching, drinking water, switching to a simpler task, body doubling, or writing one single next step.