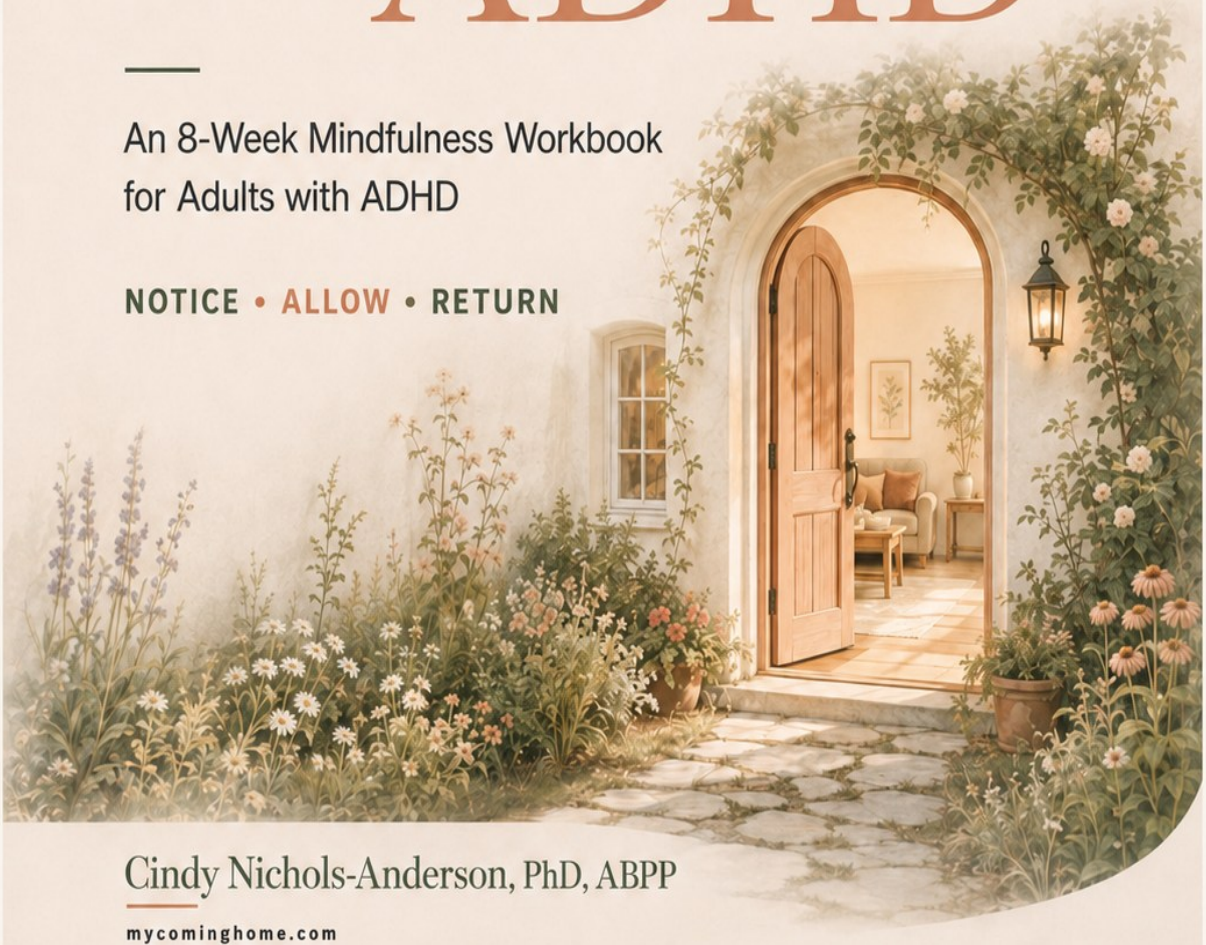




Coming Home *with* ADHD

—
An 8-Week Mindfulness Workbook
for Adults with ADHD

NOTICE • ALLOW • RETURN



Cindy Nichols-Anderson, PhD, ABPP

mycominghome.com

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Welcome Home

Mindfulness can sound simple.

Pay attention.

Be present.

Take a breath.

But when you have ADHD, even simple things can feel surprisingly hard. You may know what you want to do but have trouble getting started. You may become bored quickly. Your attention may wander before you even realize it. You may practice for a few days, forget about it, and then decide you have failed again.

This workbook takes a different approach. You are not expected to become a perfect meditator. You are learning how to notice what is happening, return to yourself, and create a little more space before deciding what comes next.

Over the next eight weeks, you will experiment with brief mindfulness practices involving your breath, body, senses, thoughts, emotions, self-compassion, relationships, work, nature, and everyday life.

Some practices may help. Some may annoy you. Some may work one day and not the next. That is okay. You are not trying to find the one perfect way to practice mindfulness.

You are finding ways to come home to yourself.



A Note from Dr. Anderson

After more than 25 years working with children, adults, and families, I've heard some version of the same question repeatedly, "Why can't I just do this?" I've also witnessed the shame and stress that so often accompany ADHD.

I have watched bright, capable people conclude that ordinary struggles meant something was wrong with them.

I wanted to create something that did not ask people with ADHD to try harder, do more, or feel like they were failing yet again.

Most approaches to meditation were not designed with the ADHD mind in mind. The irony is that mindfulness can be especially helpful for people with ADHD, even though traditional meditation can be especially hard for them.

So, I wanted to create something different. Something that could strengthen attention and awareness while also emphasizing kindness and compassion. I kept the practices short, too, so they would require less mental effort and leave less room for boredom to take over.

And I wanted people to know that getting distracted was not evidence that they were doing it wrong.

That is where one of the central ideas of Coming Home came from: "The return is the practice."



The Coming Home Method

NOTICE

What is happening right now?

Maybe you notice:

- My mind is racing.
- My shoulders are tight.
- I am angry.
- I am exhausted.
- I have stopped listening.
- I am overwhelmed.
- I forgot what I was doing.
- I have not practiced in a week.

Noticing is enough.

You do not have to fix anything yet.

The Coming Home Method

ALLOW

Once you notice what is happening, see if you can let it be there for a moment.

You do not have to fix it.

You do not have to make it go away.

You do not even have to understand it.

Allowing might mean:

- Giving yourself a minute.
- Noticing what your body is doing.
- Where are you feeling distress?
- Letting the feeling be there and noticing how that feels.
- Letting the feeling be there while you finish one small part of a task.
- Taking some space.
- Staying where you are.

Allowing does not mean that the feeling disappears. It means you do not have to fight with what is already here.

For this moment, you can notice it and let it be.

The Coming Home Method

RETURN

Come back to something that is here right now.

When your attention has wandered, your emotions have taken over, or you realize you have been somewhere else entirely, you do not have to judge yourself for leaving. Just come back.

You might return to:

- A breath.
- Your feet on the floor.
- A sound.
- Your body.
- The person in front of you.
- The task you were doing.
- The practice you forgot about three days ago.

Returning does not mean you have to feel calm first. It does not mean starting over. It simply means noticing where you are and bringing your attention back to what matters in this moment. Sometimes you will return quickly. Sometimes you will realize much later that you wandered away. Both count.

You are allowed to return as many times as you need.

The return is the practice.



Your Eight Weeks

WEEK 1

Coming Home to the Present Moment

Begin small. Learn what mindfulness actually means when your mind wanders.

WEEK 2

Coming Home to Your Breath and Body

Learn to notice physical signals before they become overwhelming.

WEEK 3

Coming Home to Your Senses

Use sight, sound, touch, taste, smell, and wonder as ways of returning.

WEEK 4

Coming Home to Your Thoughts

Notice what your mind is doing without having to follow every thought.

Your Eight Weeks

WEEK 5

Coming Home to Your Emotions

Recognize feelings sooner and create more space between feeling and reacting.

WEEK 6

Coming Home with Self-Compassion

Practice responding to yourself with less criticism and more kindness.

WEEK 7

Coming Home to Everyday Life

Bring mindfulness into work, relationships, nature, and ordinary moments.

WEEK 8

Coming Home When Life Gets Hard

Recognize overwhelm and burnout, identify what helps, and create your own Coming Home plan.



WEEK ONE

This Week

You do not need to start with twenty minutes of silent meditation. You do not even need five minutes. This week begins much smaller.

If you have ADHD, you may already be very familiar with the experience of realizing your attention has gone somewhere you did not intend it to go. You start reading and suddenly notice you have been thinking about dinner. You walk into a room and forget why you are there. You sit down to do one thing and find yourself doing three others.

Mindfulness does not require you to stop that from happening. Instead, we are practicing one basic skill: Noticing where your attention has gone and gently bringing it back.

Your mind may wander ten times. It may wander a hundred times. That does not mean you are bad at mindfulness. In fact, every time you notice, something important has happened. You became aware of where your attention was. And once you notice, you have a choice about what happens next.

You can come back to your breath. Come back to your body. Come back to the conversation. Come back to whatever you were trying to do. You do not have to stay perfectly focused. You just practice returning. That return is the practice.



WEEK ONE

Coming Home to the Present Moment

Right now, I feel:

- ☐ Calm
- ☐ Restless
- ☐ Tired
- ☐ Distracted
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Curious
- ☐ Bored
- ☐ I am not sure
- ☐ Sore
- ☐ Fatigued

One Breath

You are not trying to change your breathing.

Just notice one breath.

Notice the inhale.

Notice the exhale.

That is all.

WEEK ONE
PRACTICE

Pause and Notice

Pause wherever you are. You do not need to get comfortable, close your eyes, or make anything different. Just notice what is already here.

Look around and find one thing you can see. You might notice a color, a shape, light coming through a window, or something you have looked at a hundred times without really seeing.

Now notice one thing you can hear. Maybe it is close by. Maybe it is farther away. You do not need to decide whether you like the sound. Just notice that it is there.

Next, bring your attention to your body. Notice one thing you can feel. Your feet on the floor. Your back against the chair. Your hands touching something. Warmth, coolness, pressure, movement, or tension.

Finally, notice one breath. You do not have to make it deeper or slower. Just notice it come in. And notice it go out. That is enough. For a few moments, you noticed where you were and what was happening.

That is mindfulness too.

WEEK ONE

ADHD-Friendly Tip: Make the Start Smaller

If starting feels hard, make the practice smaller. Instead of telling yourself, *“I should meditate today,”* try:

“I will notice one breath.”

“I will sit here for one minute.”

“I will notice how my feet feel on the floor.”

“I will listen to one sound.”

For an ADHD brain, the hardest part is often not the practice itself. It is getting started. A task can feel much bigger in your mind than it is.

“Meditate” can sound like something that requires time, focus, quiet, and doing it correctly.

One breath does not.

Starting small is not cheating. It is a way of lowering the doorway so it is easier to step through. Once you begin, you may decide to keep going. Or you may stop after one breath.

Either way, you practiced.

You do not have to make yourself do more for it to count.



WEEK ONE

PRACTICE

Short Body Scan

A body scan is a way of noticing what is happening in your body without trying to change it. For an ADHD brain, keeping it short can make it easier to stay engaged. You do not need to relax. You are simply practicing noticing.

Try It

1. Sit in a comfortable position and let your body be supported.
2. Notice your feet. What sensations are there?
3. Move your attention to your legs and hips.
4. Notice your stomach, chest, and shoulders.
5. Bring your attention to your hands, arms, neck, and face.
6. If your attention wanders, notice where it went and gently return to your body.
7. Take one easy breath and notice your whole body sitting here.

ADHD-Friendly Tip

You do not have to notice every part of your body. If you lose your place, just begin again wherever you are. There is no correct order.



WEEK ONE

PRACTICE

Counting the Breath

Sometimes, the breath by itself just isn't interesting enough to hold an ADHD brain's attention. Adding a simple count gives your attention something else to hold onto.

Try It

1. Let your breathing happen naturally.
2. On your first exhale, quietly count 1.
3. On the next exhale, count 2.
4. Continue up to 5.
5. Then begin again at 1.
6. If you lose count, get distracted, or suddenly realize you are thinking about something completely different, simply start again at 1.
7. Continue for a few minutes, or for as long as feels useful.

ADHD-Friendly Tip

Losing count is not a mistake. The moment you notice you have wandered is the practice. Just come back to 1.



WEEK ONE
REFLECTION

Coming Home This Week: One Breath a Day

This is not homework. It is an invitation to practice noticing, without turning mindfulness into another thing you have to remember to do perfectly. Once each day, pause long enough to notice one breath. You do not have to sit somewhere quiet. You do not have to close your eyes. You do not have to clear your mind.

Just notice one breath coming in and one breath going out. That is enough.

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7

The boxes are here to help you notice your practice, not to grade you. Missed a day? Come back. Forgot for four days? Come back.

Remembered while brushing your teeth or getting into bed? That counts too.

There is nothing to catch up on. You do not lose your progress because you forgot. Each time you remember, you begin again right where you are. The return is the practice.

WEEK ONE

Audio Practices



 [5-Minute Body Scan](#)

 [10-Minute Body Scan](#)

 [15-Minute Body Scan](#)

Remember

You do not have to stay focused.
You are practicing noticing—and returning



WEEK TWO

Coming Home to Your Breath and Body

This Week

Your body often knows something is happening before your thinking mind catches up.

- Your jaw tightens.
- Your shoulders creep toward your ears.
- Your heart beats faster.
- You stop breathing deeply.
- You feel restless, heavy, hot, shaky, numb, or exhausted.

When you have ADHD, these signals can be easy to miss. Your attention may already be pulled toward the next task, the next thought, the next problem, or the next person who needs something from you.

This week, we practice noticing the body a little sooner. You do not have to make the feeling go away.

First, just notice it.

Notice. Allow. Return.

WEEK TWO

Check-In

Before doing anything else, notice how you are arriving today.

Right now, my energy feels:

- ☐ Very low
- ☐ Low
- ☐ Somewhere in the middle
- ☐ High
- ☐ Very high
- ☐ All over the place

My body feels:

- ☐ Relaxed
- ☐ Restless
- ☐ Tense
- ☐ Heavy
- ☐ Tired
- ☐ Energized
- ☐ Uncomfortable
- ☐ Numb or disconnected
- ☐ I am not sure

WEEK TWO

What Is Your Body Saying?

You do not need to interpret every physical sensation or figure out exactly what it means. Just get curious.

Your body often notices something before your thinking mind catches up. Tension, restlessness, heaviness, warmth, tightness, or the urge to move may be early information about what you need.

Just get curious.

Maybe your body says:

- Slow down.
- Move.
- I am hungry.
- I need a break.
- Something feels wrong.
- I am excited.
- I need space.
- I am getting angry.
- I am exhausted.
- I have been sitting here way too long.

Where is your body holding tension?

- ☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hands ☐ Back
☐ Other

WEEK TWO

PRACTICE

One Kind Breath

You do not need to take a giant breath. You do not need to breathe deeply, slowly, or in any special way. Start by noticing the breath you are already taking.

Feel the inhale. Feel the exhale.

Notice where you feel it most clearly. Maybe in your nose, chest, belly, or somewhere else.

You are not trying to make the breath better. You are simply paying attention to what is already happening.

Then, if it feels comfortable, let the next exhale last just a little longer. Not dramatically longer. Just enough to notice. Sometimes a slightly slower exhale can help your body begin to settle. Sometimes it does not. Either response is okay.

There is nothing to force. Nothing to accomplish. Your mind may wander before the breath is even finished. That counts too. Notice where your attention went and come back to the next breath.

Take another breath if you want to. Or stop here.

One breath is still a practice.



WEEK TWO

Why Breath?

Your breath is almost always available. You do not need equipment, a quiet room, the right mood, or a long stretch of time. You do not even need to stop what you are doing.

You can notice your breath at your desk, in the car, while waiting in line, before answering a text, during a difficult conversation, or in the middle of a stressful moment. That is part of what makes the breath useful. It can become a simple place to bring your attention when your mind has gone in ten different directions.

You are not trying to breathe perfectly. You are not trying to empty your mind. And you are not using your breath to force uncomfortable feelings to go away. The breath is simply something steady and familiar to notice when your attention is scattered, your thoughts are busy, or your emotions are strong.

Sometimes noticing one breath creates just enough of a pause to help you realize, *“I am here. This is what is happening right now. I have a moment before I decide what to do next.”*

Your mind will wander away from the breath. Of course it will. The practice is not staying with the breath perfectly. The practice is noticing that you wandered and coming back. Repeatedly, your breath gives you somewhere to return.

WEEK TWO

PRACTICE

Where Am I Holding It?

Pause for a moment and notice your body. You are not trying to relax anything. You are not looking for a problem. Just notice what is already there. Maybe one area of your body stands out. Maybe nothing does.

See whether you notice anything that feels:

- Tight
- Heavy
- Restless
- Achy
- Warm or cool
- Tingly
- Numb
- Comfortable
- Hard to describe

Where do you notice it most?

- ☐ Jaw ☐ Neck ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hands ☐ Back
☐ Legs ☐ Somewhere else

If it feels comfortable, see what happens when you soften that area by 5%. Not completely. Just a little. Or simply notice it and leave it alone.

WEEK TWO

Small Counts

Sometimes an instruction like *“relax your whole body”* is simply too big. Your brain may hear it as one more vague thing you are supposed to know how to do. If that happens, make the target smaller.

Instead of, *“Relax.”*

Try:

- *“Unclench my jaw.”*
- *“Drop my shoulders once.”*
- *“Let my hands rest.”*
- *“Feel my feet for three seconds.”*
- *“Take one slower exhale.”*
- *“Lean back in the chair.”*

You do not have to relax your entire body to benefit. Sometimes one small physical shift is enough to interrupt the momentum of tension or stress. And sometimes you will notice the tension but not be ready to change it. That counts too.

The goal is not to make your body perfectly calm. The goal is to notice what is happening and choose one small response that feels doable.

Small counts. A three-second pause counts. One unclenched muscle counts. One moment of noticing counts. You do not have to change everything at once.

WEEK TWO

PRACTICE

Feet on the Floor

You can do this sitting or standing. Let your breathing be natural.

Notice your feet.

Maybe offer a little gratitude for your feet. How much they do for us every day. How they hold our whole body.

- Feel where your feet meet the floor.
- Imagine breathing into your feet as well as out of them.
- Feel yourself supported by the earth.
- Notice pressure.
- Temperature. Heat. Cold.
- The spaces between your toes.
- Your shoes or socks.
- Notice them from the inside out.
- Maybe you shift your weight.
- There is nowhere else you need to go for the next few seconds.
- Your mind may wander.
- When you notice:
- Come back to your feet.
- Stay for as long as you want.

WEEK TWO

REFLECTION

Which practice felt easiest?

- ☐ One Kind Breath
- ☐ Where Am I Holding It?
- ☐ Feet on the Floor
- ☐ None of them
- ☐ It depended on the moment

Which practice would you be most likely to use in real life?

- ☐ One Kind Breath
- ☐ Where Am I Holding It?
- ☐ Feet on the Floor
- ☐ None of them
- ☐ It depended on the moment

Which one felt hardest?

- ☐ One Kind Breath
- ☐ Where Am I Holding It?
- ☐ Feet on the Floor
- ☐ None of them
- ☐ It depended on the moment

WEEK TWO

You Can Notice Late

Sometimes you will not notice what is happening in your body until you are already overwhelmed, irritated, exhausted, or halfway through the argument.

You may realize your shoulders have been up around your ears for an hour. You may notice your jaw hurts after the meeting is over. You may not recognize that you are hungry, overstimulated, or worn out until everything suddenly feels like too much.

That still counts as noticing.

Mindfulness is not a test of how quickly you catch the signal. You do not have to notice the first bit of tension, the first tired feeling, or the first sign that you need a break. Sometimes your body has to get a little louder before you hear it.

When you do notice, start there. Notice where you are. What is happening in your body right now? Return to your body. Feel your feet. Unclench your jaw. Take one breath. Put a hand on your chest. Stretch. Sit down. Get a drink of water.

Choose what you need now.

- Maybe you need a break.
- Maybe you need food, movement, quiet, space, help, or a few minutes before you respond.
- Maybe you simply need to recognize, *I am getting overwhelmed*.

You do not have to wish you had noticed sooner. Five minutes late counts. An hour late counts.

Realizing it afterward counts too, because each time you notice, you are learning a little more about how your body communicates with you. And the next time, you may notice a little sooner. Or you may not. Either way, you can come back.

The return is the practice.

ADHD-Friendly Tip

Sometimes, with ADHD, you haven't ignored the signal. Your attention may have been somewhere else. Hunger, fatigue, tension, or sensory overload can stay in the background until suddenly they are hard to miss.

This is why checking in with yourself throughout the day is important.

WEEK TWO

Coming Home This Week

This week, choose one body signal to notice.

Maybe:

- ☐ My jaw.
- ☐ My shoulders.
- ☐ My feet.
- ☐ My breathing.
- ☐ My energy level.

Once a day, notice it. That is enough.

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6
- ☐ Day 7

If you remember after three days of forgetting, come back. If you notice only after you are already overwhelmed. come back. If the practice lasts five seconds, it still counts.

The return is the practice.



WEEK TWO

Audio Practices



 [5-Minute “Breath with Something to Notice”](#)

 [5-minute “Counting Breaths”](#)

 [5-Minute “Breath + Words”](#)



WEEK THREE

Coming Home to Your Senses

This Week

Mindfulness does not have to happen with your eyes closed. Sometimes the easiest way to come back to the present moment is to notice what is already around you.

- A sound.
- A color.
- Warm water on your hands.
- The smell of coffee.
- The texture of your sweater.
- Light coming through a window.

Your senses give your attention somewhere concrete to land.

For an ADHD mind that is busy, restless, distracted, or bored, this can be much easier than trying to “think about nothing.”

This week, we practice coming home through the senses.

Notice. Allow. Return.

WEEK THREE

Check-In

Before we begin, look around. Without trying very hard, notice:

- ☐ One thing you can see
- ☐ One thing you can hear
- ☐ One thing you can feel
- ☐ One thing you can smell

Now notice yourself. Right now, I feel:

- ☐ Calm
- ☐ Restless
- ☐ Distracted
- ☐ Tired
- ☐ Curious
- ☐ Overwhelmed
- ☐ Bored
- ☐ Energized
- ☐ Sore
- ☐ Fatigued
- ☐ I am not sure

WEEK THREE

Your Senses Are Already Here

You do not have to create a mindful moment. You are already having one. Your brain is constantly receiving information through sight, sound, touch, taste, smell, movement, and sensations inside your body.

- The hum of the refrigerator.
- The feeling of your feet inside your shoes.
- Light coming through a window.
- The temperature of the air on your skin.
- A smell you had not noticed until just now.
- The way your body shifts when you move.

Most of this information stays in the background. Your brain decides what seems important enough to bring to your attention and what it can safely ignore.

That is normal.

And with ADHD, attention may be especially drawn toward whatever is new, interesting, urgent, uncomfortable, or emotionally important. Other sensations may barely register until something changes or becomes hard to ignore.

Mindfulness gives you a chance to intentionally notice some of what has been there all along. You do not have to notice everything. You do

not have to concentrate hard. You can simply choose one thing and become curious about it.

- *“What can I hear right now?”*
- *“What does this cup feel like in my hand?”*
- *“Where do I feel the chair supporting me?”*
- *“What colors can I see from where I am sitting?”*

There is nothing special you are supposed to find. Mindfulness simply asks, *“What is here right now?”* Not what *should* be here. Not what was here yesterday. Not what might happen tomorrow.

Just this sound. This sensation. This moment. Just now.

ADHD-Friendly Tip

If “noticing your senses” feels too broad, just pick one.

- One sound
- One color
- One sensation, like shoulder tension, or tightness in your forehead.

You do not need to take in the whole moment. Give your attention one small place to land.



WEEK THREE

PRACTICE

Five Things

Take a few minutes to look around and notice what is already here. You are not trying to calm yourself down or clear your mind. You are simply giving your attention something concrete to land on.

Notice:

- ☐ 5 things you can see
- ☐ 4 things you can feel
- ☐ 3 things you can hear
- ☐ 2 things you can smell
- ☐ 1 thing you can taste

If one of these senses is difficult, skip it. There is no correct way to do this.

What Did You Notice? Consider:

- Did anything surprise you?
- Was there something you had not noticed before?
- Which sense was easiest to pay attention to?
- Which was hardest?

WEEK THREE

ADHD-Friendly Reminder

Sometimes the breath by itself is just too quiet for an ADHD brain. Adding another sensation can give your attention something more to notice and make it easier to stay with the practice.

You might practice while:

- Holding a textured object
- Drinking something warm or cold
- Listening to soft music without words
- Looking out a window
- Walking mindfully
- Gently stretching
- Sitting somewhere visually interesting
- Using a scent you enjoy
- Sitting outside
- Imagining something rhythmic, like waves moving in and out
- Imagining something calming and repetitive, like a slowly turning wheel

You are not making mindfulness “less real.” You are finding a way in.

WEEK THREE

Coming Home Through Sound

You do not need silence to practice mindfulness. In fact, trying to find perfect silence can become one more obstacle.

Sound can become part of the practice. You can notice sounds nearby or far away, sounds you like and sounds you do not like, without needing to change any of them.

For an ADHD brain, sound may even give attention something useful to land on.

Maybe you hear:

- A refrigerator.
- Traffic.
- Voices.
- Birds.
- Heating or air conditioning.
- Your own breathing.
- Someone moving in another room.
- Your cat's purr.

Try not to decide whether the sound is good or bad. Just notice, "Sound is here." If your attention wanders, return to listening.

WEEK THREE

PRACTICE

Mindful Touch

Touch can be another way into mindfulness, especially when your mind is moving quickly. Sometimes it is easier to pay attention when there is something physical to notice.

Choose something nearby. Turn it around slowly and look at it. Notice its color, shape, texture, or anything else that catches your attention.

It might be:

- A blanket
- A mug
- A smooth stone
- Your clothing
- A pet
- The arm of a chair

If it feels comfortable, close your eyes. Slow down, then notice:

- Is it warm or cool?
- Smooth or rough?
- Soft or hard?
- Heavy or light?
- Colors that stay or change?
- Does the texture change as you move your fingers?
- Can you notice where the object meets your skin?

You do not have to name every sensation or describe it perfectly. Just let yourself feel what is already there. If your attention wanders, continue to gently breathe, and come back to the sensation of touch. What did you notice?

WEEK THREE

Coming Home to Wonder

Sometimes, when we slow down and notice something carefully, an ordinary thing can start to feel a little extraordinary. We see details we usually miss. Something familiar becomes interesting again.

A cloud.

A tiny flower growing through concrete.

The way sunlight moves across a wall.

The pattern inside a leaf.

A dog's ears turning toward a sound.

Steam rising from a cup.

A song you have heard a hundred times.

Wonder does not have to be dramatic.

You do not need the Grand Canyon or a rocket launch.

Sometimes wonder is simply, "I've never noticed that before."

This can be especially useful with ADHD.

ADHD attention is not simply a matter of having "too little" attention. Attention is often pulled toward what is new, interesting, emotionally meaningful, or stimulating. That can make repetitive or boring things especially difficult to stay with.

But that same pull toward interest can also be something we work with. Instead of telling yourself, "*Pay attention*," try getting curious by asking:



“What is interesting here?”

“What have I not noticed yet?”

Maybe it is a color, a pattern, a tiny movement, a change in someone’s voice, or a sound underneath the sounds you noticed first. You do not have to force your attention to stay.

Give it something interesting to come home to.

WEEK THREE

PRACTICE

A Mindful Ordinary Minute

Choose one ordinary activity for one minute.

- ☐ Drinking coffee or tea
- ☐ Washing your hands
- ☐ Taking a shower
- ☐ Walking to your car
- ☐ Petting an animal
- ☐ Getting dressed
- ☐ Looking out a window

Notice your senses.

- Feeling
- Hearing
- Seeing
- Smell
- Taste

Notice your breath. Notice your body during and after the activity.

- Shoulders
- Hands
- Legs
- Feet
- Head

WEEK THREE

Sometimes Things are Just Too Much

Sometimes overwhelm is not coming from your thoughts. Sometimes there is simply too much coming in. Lights feel too bright. Sounds feel too loud. Clothing suddenly feels irritating. Several people are talking at once. The room feels crowded. Your nervous system feels full.

Mindfulness does not mean making yourself tolerate unnecessary discomfort. Sometimes awareness simply helps you recognize, *“This is too much for me right now.”*

And once you notice that, you have more choices. Maybe you:

- Turn down the lights
- Step into a quieter space
- Use headphones
- Change uncomfortable clothing
- Move away from the crowd
- Turn off some of the background noise
- Stop adding more input
- Move your body for a few minutes
- Give yourself some time alone

Noticing that you are overloaded is useful information. Allow it to be there long enough to return to your breath. Once you recognize what is happening, you can decide what you need next.

WEEK THREE

Before You Leave This Week

This week, choose one small mindfulness practice each day.

- ☐ Where am I holding my tension?
- ☐ Notice Five Things
- ☐ Add another sensation to your practice
- ☐ Mindful Listening
- ☐ Mindful Touch
- ☐ Look for Something Interesting
- ☐ A Mindful Ordinary Minute
- ☐ Body Scan
- ☐ Reduce sensory input when needed.

Once a day, notice the physical sensations, allow them to be there, and return to the breath. That is enough.

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6
- ☐ Day 7

If you remember after three days of forgetting, come back. If you notice only after you are already overwhelmed, come back. If the practice lasts five seconds, it still counts. The return is the practice.

WEEK THREE

Audio Practices



 [Practice: One Thing at a Time](#)

 [Practice: Coming Home Through Your Senses](#)

 [Practice: A Curious Body Scan](#)



WEEK FOUR

Coming Home to Your Thoughts

Your mind is always doing something. Thoughts arrive without being invited. Some are useful. Some are repetitive. Some are strange, funny, frightening, hopeful, critical, or completely unrelated to what you were doing five seconds ago.

With ADHD, thoughts may come quickly and in clusters. One interrupts another. One thought leads to the next, and suddenly your mind is somewhere you never intended to go.

A small problem can become ten imagined problems. A memory can turn into a conversation you are having all over again. You can worry about tomorrow, replay yesterday, and somehow end up wondering whether you answered that email.

Sometimes the mind is interesting. Sometimes it is exhausting. And sometimes a thought feels so convincing that we forget it is a thought at all.

Mindfulness is not about emptying your mind or stopping your thoughts. It is about noticing, *“I am thinking.”* That moment creates a little space.

You do not have to believe every thought, solve every thought, or follow every thought wherever it goes. Sometimes you can simply notice it and come back.



This week, we will practice meeting our thoughts with a little more curiosity and a little less urgency.

Notice. Allow. Return.

WEEK FOUR

Check-In

My mind feels:

- ☐ Busy
- ☐ Quiet
- ☐ Scattered
- ☐ Focused
- ☐ Worried
- ☐ Stuck on something
- ☐ Tired
- ☐ Fast
- ☐ Blank
- ☐ I am not sure
- ☐ No need to explain it.
- ☐ Just notice.

WEEK FOUR

Thoughts Are Not Instructions

Some thoughts arrive with a sense of urgency.

“Answer that email right now.”

“You forgot something.”

“They are probably upset with you.”

“This is going to go badly.”

“You should be doing something else.”

“This is too hard.”

“I want to be done with this, but I can’t.”

Urgent does not always mean important. Some thoughts arrive loudly. They carry a feeling of, *“Do something now!”* When a thought feels urgent, it can be hard to tell whether it truly needs your attention.

A thought might contain useful information. It might also be fear, habit, prediction, memory, or simply mental noise. You do not have to respond to every thought the moment it appears. Sometimes the most helpful thing you can do is pause long enough to ask:

- *“Is this something I need to act on?”*
- *“Does it need my attention right now?”*
- *“Or can I let it be here without doing anything about it yet?”*

The pause does not make the thought go away. It simply gives you a little more choice. Notice the thought first. Then accept and make

room for it. Allow it to be there. Come back to your breath, your feet on the floor. What is here right now.

WEEK FOUR

PRACTICE

Name the Thought

For a few moments, sit, stand, walk, or move in whatever way is comfortable. Notice what your mind does. When a thought appears, quietly name it.

You do not need to figure out what the thought means. Just label it:

- Thinking. Thinking...
- Planning. Planning...
- Remembering. Remembering...
- Worrying. Worrying...
- Rehearsing. Rehearsing...

Naming a thought can create a little distance from it. Instead of being completely caught up in the worry, you notice, *“Oh, worrying is happening.”* Accept your thought is there.

Then return your attention to something simple:

- Your breath.
- A sound nearby
- Something in your hands.
- A feather or small stick you found outside earlier
- The raindrops on your windowpane.

When another thought appears, notice it again. You do not need to make it leave. Just recognize: There is a thought.



WEEK FOUR

PRACTICE

What Did You Notice?

Which kind of thought showed up most often?

- ☐ Planning
- ☐ Worrying
- ☐ Remembering
- ☐ Judging myself
- ☐ Replaying conversations
- ☐ Imagining future conversations
- ☐ To-do lists
- ☐ Random thoughts
- ☐ A little of everything
- ☐ I am not sure

And when you noticed a thought, what tended to happen?

- ☐ I followed it immediately.
- ☐ I noticed it and came back.
- ☐ I went back and forth.
- ☐ My thoughts moved too fast to tell.
- ☐ I am not sure.
- ☐ I took a break.

Any of these responses are part of the practice.

WEEK FOUR

A Thought Is Not the Same As a Fact

Consider, *“I am going to mess this up.”*

Now try, *“I am having the thought that I am going to mess this up.”*

Or compare, *“I want to quit,”* with, *“My mind is telling me to quit.”*

In both cases, the second version does not mean the thought is wrong. You are not arguing with it or trying to make it disappear.

You are simply giving yourself a little distance from it. *“This is a thought my mind is having.”* That small bit of space can make it easier to notice the thought before deciding whether you believe it, need to act on it, or simply want to let it pass.

ADHD Tip: Try Making the Thought a Little Less Powerful

Sometimes humor can create that same bit of distance. Take a thought that has been bothering you and say it in a ridiculous voice that sounds nothing like your own. Make it squeaky, dramatic, caveman-like, robotic, or cartoonish.

“I am NEVER going to finish this.”

It may suddenly sound a little less convincing. The goal is not to make fun of yourself or pretend the thought does not matter. It is simply to remember: a thought is something your mind produces.

It is not automatically a fact.



WEEK FOUR

PRACTICE

Is This Happening Now?

ADHD minds can be very good at generating possibilities, connections, and possible outcomes. That can be a strength. It can also become exhausting.

One problem appears, then your mind finds five more. You start solving something that has not happened yet. Then you solve the problem that might happen after that. Before long, you may be reacting emotionally to an entire future that exists only in your mind. When you notice this happening, pause and ask:

“Is this happening right now?”

- Yes
- No
- Partly
- I am not sure

Notice where your mind has gone:

- The past
- The future
- An imagined conversation
- A possible problem
- Something else

Then ask, “*What actually needs my attention right now?*” Not tomorrow. Not next month. Not every possible outcome.



Just now.

If it helps, return to one thing that is actually here:

- A sound
- Your feet on the floor
- Your breathing
- Something you can see
- The feeling of your hands

You are not pretending the future does not matter. You are simply deciding whether it needs your attention right now.

Return to the next thing that is truly yours to do.

WEEK FOUR

PRACTICE

Parking the Thought

Sometimes a thought keeps circling because your brain is trying very hard not to lose it.

“Remember to call her.”

“Don’t forget that appointment.”

“I need to look that up.”

“I should fix that later.”

When you do not trust yourself to remember something, your mind may keep bringing it back. Then it can be hard to pay attention to anything else. You do not have to ask your brain to hold onto everything. Give the thought somewhere else to live. Park it somewhere you already use:

- Calendar
- To-do list
- Notes app
- Paper
- Reminder
- Voice note
- Somewhere else that works for you

Then pause and ask, *“Do I need to keep thinking about this right now?”*

You can come back to it.



Parking a thought is not ignoring it.

It is giving your brain permission to stop carrying it for a while.

WEEK FOUR

The Thought Flood

Sometimes thoughts do not arrive one at a time. They rush in. You remember something embarrassing. Then something you forgot. Then a bill. Then a conversation from three years ago. Then something you need to buy. Then, suddenly, you wonder whether you chose the wrong career (or some other big decision).

It can feel like opening an overstuffed closet. Once the door opens, everything seems to tumble out at once.

That does not mean the practice is making things worse. You may simply be noticing what was already there.

You do not have to catch every thought. Pick one place to return.

- A breath.
- Your feet.
- A sound.
- The next task.
- Let some thoughts pass without chasing them.

WEEK FOUR

Stillness Doesn't Mean No Thoughts

Sometimes when things get quiet, your mind gets louder.

- At bedtime.
- In the shower.
- Driving home.
- Sitting alone.
- On a walk.
- Reading a book.

Without the usual activity and distraction, thoughts may become easier to notice. You may suddenly become aware of how many thoughts are moving through your mind, how quickly they change, or how often one thought leads to another. That can feel surprising, especially if you expected mindfulness to make your mind quieter.

Nothing has gone wrong.

Stillness does not require an empty mind. It simply gives you a chance to notice what your mind is already doing.

You can say to yourself, “My mind is busy right now,” and let that be true. You do not have to stop the thoughts, organize them, or follow every one. Notice that they are there.

Then return to whatever you were practicing.

WEEK FOUR
PRACTICE

One Minute of Stillness

Try one minute.

That is long enough to notice something, but short enough that you do not have to make a big commitment to the practice.

Sit, stand, lie down, walk slowly, or look out a window. You do not have to close your eyes. You do not have to sit perfectly still. For one minute, let yourself stop doing and simply notice what is happening.

You are not trying to fix anything, calm yourself down, or make your mind quiet.

Notice:

- Thoughts.
- Sounds.
- Body sensations.
- Breathing.
- Restlessness.
- An urge to get up or do something else.
- Whatever is here.

Your attention may move from one thing to another. That is okay. You do not have to hold it in one place.

When the minute ends, simply notice, “What was that like?”

Maybe it felt peaceful.

Maybe it felt uncomfortable.

Maybe it felt boring, busy, long, short, or surprisingly ordinary.

All responses are acceptable.

WEEK FOUR

From Thought to the Return

Imagine you receive a short email from someone at work. It says only, *“Can we talk tomorrow?”* Maybe your mind immediately says, *“Uh-oh, they’re angry with me.”*

Then maybe another thought follows:

“I must have done something wrong.”

“Maybe I messed up that project.”

“What if this is really bad?”

“Am I getting fired?”

Nothing new has actually happened. Your mind has simply started filling in the blanks.

That is the moment to pause.

NOTICE

- “I’m having the thought that they are angry with me.”
- “What do I actually know?”
- “What am I assuming?”
- “Do I need to respond right now?”
- “Where in my body am I feeling distressed?”

ALLOW

See if you can let the discomfort be there for a moment. You do not have to make it disappear. You do not have to solve the situation before you know more.



Maybe your stomach is tight.
Maybe your heart is racing.
Maybe your mind really wants an answer.

Let that be what is happening right now.

RETURN

Feel your feet. Take one breath. Look at the actual words in the email.
Breathe. Feel your senses.

That pause may keep one thought from becoming an entire story.

WEEK FOUR

Coming Home This Week

Once each day, notice one thought.

You do not need to change it.

Simply say: “I’m having the thought that...”

Then return to one thing that is happening now.

Forgot?

Come back. Continue the practice from where you are.

Got completely swept away by the thought?

Come back. Continue the practice from where you are.

Only remembered once this week?

You still practiced.

The return is the practice.

WEEK FOUR

Before You Leave This Week

Take a moment to notice two things:

1. Where does my mind tend to pull me?
2. What helps me come back?

You do not need to write the answers. Just notice what comes to mind. You are learning what it feels like to return.

Notice. Allow. Return.

WEEK FOUR

Audio Practices



 [5-Minute Practice: What Will My Next Thought Be?](#)

 [5-minute Practice: Coming Home Through Your Senses](#)

 [15-Minute Practice: Being Present with Thoughts](#)



WEEK FIVE

Coming Home to Your Emotions

Emotions can arrive fast.

Sometimes you know exactly what you are feeling.

Other times, you notice the reaction first.

- Your voice gets louder.
- You send the text.
- You shut down.
- You walk away.
- You cry.
- You say yes when you wanted to say no.
- You replay the conversation for hours.

With ADHD, there may not always seem to be much space between feeling something and doing something about it.

This week, we are creating a little more space. Not so you can stop having strong emotions. Not so you can become calm all the time. But you can begin to recognize what you are feeling, return to yourself, and have more choice about what happens next.

Notice. Allow. Return

WEEK FIVE

Check-In

Pause for a moment. Which word comes closest to how you feel right now?

- ☐ Calm
- ☐ Happy
- ☐ Sad
- ☐ Irritated
- ☐ Angry
- ☐ Anxious
- ☐ Excited
- ☐ Overwhelmed
- ☐ Lonely
- ☐ Frustrated
- ☐ Tired
- ☐ Numb
- ☐ Something else
- ☐ I honestly don't know

You do not have to choose perfectly.
Sometimes “I don't know” is the first thing we notice.

Notice. Allow. Return.

WEEK FIVE

Feelings Are Information

Emotions tell us something.

- Fear may tell us, “Something feels unsafe.”
- Anger may tell us, “A boundary has been broken.”
- Sadness may tell us, “I lost something that mattered.”
- Loneliness may tell us, “I need connection.”
- Frustration may tell us, “Something is getting in my way.”
- Excitement may tell us, “This matters to me.”

Feelings can help us notice what needs attention. They may point toward a need, a value, a problem, or something happening around us. But emotions do not always tell us the whole story.

Fear can show up even when we are safe. Anger can arrive before we understand what actually happened. Rejection can feel certain even when we do not know what another person meant. A feeling can be completely real without every thought attached to it being true. And a feeling can be important without requiring immediate action.

You can notice, “*I feel this,*” and still give yourself time to ask:

- “What is this feeling telling me?”
- “What do I actually know?”
- “What do I want to do with this information?”

You do not have to dismiss the feeling. You also do not have to let it make every decision.



WEEK FIVE

PRACTICE

Name What's Here

Pause.

Ask yourself, “What am I feeling right now?” Choose one or two words if you can.

Then notice, “Where do I feel it in my body?” Maybe your:

- ☐ Jaw
- ☐ Chest
- ☐ Stomach
- ☐ Shoulders
- ☐ Face
- ☐ Hands
- ☐ Head
- ☐ Whole body

Now imagine a scale from 0 to 10. How strong is the feeling right now?

- 0—barely noticeable
- 5—definitely here
- 10—overwhelming

You do not need to write down the number. You do not need to change the feeling. Just notice: This is what is here right now.

WEEK FIVE

Emotions Change

Even strong feelings move.

- Anger rises and settles.
- Anxiety can peak and ease.
- Embarrassment can feel enormous and then become less sharp.
- Sadness may stay longer, but it still changes from moment to moment.

When you are in the middle of a strong emotion, it can feel permanent. The good news is that it usually is not. You do not have to force the feeling away.

Sometimes, the harder we try not to feel something, the more attention we give it. We tell ourselves, “*Stop thinking about this,*” or try to shove the feeling aside, only to have it come rushing back a little later.

It can be like holding a beach ball under the water. You may be able to keep it down for a while, but it takes effort, and eventually it pops back up, with force.

Mindfulness offers another option. You can let the feeling be here without feeding it, fixing it, or pushing it away. Sometimes the practice is simply to notice, “*This is here right now.*” And remember that right now is not forever.

WEEK FIVE

What Might This Feeling Need?

Instead of asking: “I am supposed to calm myself down.” Try asking, “What might this feeling need from me?”

Maybe:

- Rest
- Reassurance
- Movement
- Space
- Connection
- Food
- Sleep
- A boundary
- To be heard
- To say no
- To finish something
- To stop something
- To cry
- To laugh
- To wait
- To do nothing yet

You do not have to solve the feeling. Sometimes accepting the feeling is there, noticing what you need, and grounding yourself through breathing is enough.

WEEK FIVE

When You Cannot Fix It

Sometimes the hardest part is not the problem itself, but having to live for a while without an answer. You may want certainty. Predictability. A feeling of control. Reassurance. A decision. An explanation. Some sign that everything will be okay.

And sometimes none of that is available yet.

This is where allowing can become part of the practice. Allowing does not mean you like what is happening. It does not mean you agree with it, approve of it, or stop hoping things will change.

It means noticing, *“This is what is here right now.”*

- Maybe there is uncertainty.
- Maybe there is fear.
- Maybe there is frustration, sadness, anger.
- Maybe you have the strong urge to do something just so you do not have to feel this way.

See if you can make a little room for that experience without immediately trying to get rid of it.

You might say:

- *“I do not know yet.”*
- *“I wish I had an answer, and I do not.”*

- *“This is uncomfortable, and I can let it be uncomfortable for this moment.”*
- *“I do not have to solve this right now.”*

Mindfulness does not make uncertainty comfortable. It helps you notice, *“I don’t know yet.”*

And stay here anyway.

You do not have to solve the future before it arrives.

WEEK FIVE

When the Feeling Has Already Taken Over

Maybe you:

- yelled.
- sent the text.
- shut down.
- spent three hours scrolling but not the thing you intended to do.

Mindfulness does not require you to catch every reaction before it happens. You can notice afterward.

NOTICE:

“That did not go the way I wanted.”

Notice what happened without immediately explaining it away.

Notice without turning it into a judgment about who you are.

ALLOW:

Make room for what is here now.

Maybe there is:

- Anger.
- Embarrassment.
- Regret.
- Shame.
- Frustration.
- Exhaustion.
- Conflict or confusion

You do not have to push the feeling away.

You also do not have to punish yourself for having it.
Let yourself acknowledge, *“This happened. I wish it had gone differently.”*

RETURN:

Come back to yourself.

Ask yourself, *“What might help from here?”*

Maybe you:

- Breathe and let your nervous system reset.
- Cry.
- Apologize and take responsibility.
- Set a boundary.
- Repair what you can.
- Respond compassionately to yourself and others.
- Let go of what you can’t change.
- Make room for this feeling and continue to love yourself.

You have not missed your chance to practice. The return still counts.

WEEK FIVE

Trying It Another Way

Sometimes sitting still with a strong emotion makes it feel even bigger for awhile.

You do not have to force yourself to stay still.

Gentle movement can help you stay connected to yourself without becoming overwhelmed.

You might:

- Walk
- Stretch
- Shake out your hands
- Step outside
- Hold something cool
- Press your feet firmly into the floor
- Take several slow steps
- Put on music
- Get a drink of water
- Change rooms
- Swing
- Rock in a chair or recliner

As you move, notice what is happening:

- Has the feeling changed?
- Is it stronger or softer?
- Do you have a little more space around it?

You are not trying to make the emotion disappear. You are finding a way to stay with yourself while it moves through you.

Mindfulness does not always have to look still.

WEEK FIVE

Coming Home This Week

Once each day, pause and ask, “*What am I feeling right now?*”
You do not have to do anything about it.

Name it if you can.
Notice where it appears in your body.
Kindly welcome the feeling.
Then take one breath.

Forgot?
Come back.

Only noticed after you reacted?
Come back.

Could not figure out what you were feeling?
Notice that too.

The return is the practice.

WEEK FIVE

Audio Practices



 [5-Minute Practice: What is here right now?](#)

 [10-minute Practice: Listening to the Body](#)

 [15-Minute Practice: Making Space Before you Choose](#)



WEEK SIX

Coming Home with Self-Compassion

Sometimes the hardest person to come home to is yourself.

You forget.

You procrastinate.

You overreact.

You lose track of time.

And then comes, *“Why can't you just get it together?”*

Many adults with ADHD have heard versions of this for years. One thing I have noticed over the years is how often very capable people with ADHD believe that being harder on themselves will finally make them more organized, more disciplined, or more consistent.

Usually, it does the opposite.

- Shame takes energy.
- It makes starting harder.
- It makes mistakes feel dangerous.

Kindness is not lowering the bar.

Sometimes it is what makes it possible to try again.

Self-compassion does not mean ignoring mistakes.

It means not adding shame to something that is already hard.

This week, we practice noticing the critical voice and responding differently.

Notice. Allow. Return.

Quick Check-In

My inner voice lately has been:

- Kind
- Neutral
- Impatient
- Harsh
- I haven't noticed
- Patient
- Forgiving
- More accepting of myself and others
- Compassionate

WEEK SIX

Notice the Second Arrow

There is an old mindfulness teaching about the first arrow and the second arrow. The first arrow is the difficult thing that happens.

You forget an appointment. You make a mistake. Someone is upset with you. The first arrow may hurt. Sometimes a lot. And sometimes there are real consequences.

Then comes the second arrow: what you say to yourself about what happened. Here are some examples of second-arrow thoughts:

- *“I am such an idiot.”*
- *“Why do I always do this?”*
- *“What is wrong with me?”*
- *“Why can’t I get it together?”*
- *“I’m so stupid.”*

Now you are dealing with two things: the original problem and the pain of attacking yourself for having the problem.

The same thing can happen with emotions.

You feel overwhelmed.

Then you think, *“Why can’t I handle anything?”*

Now you are overwhelmed and ashamed of being overwhelmed. Shame can be a serious issue for people with ADHD.

We cannot always prevent the first arrow. But mindfulness can help us notice when we are adding the second one.

The goal is not to pretend the mistake does not matter.
The goal is to stop adding unnecessary pain to something that is already difficult or painful.

Sometimes self-compassion begins with, “This is hard enough already. I do not have to make it harder by attacking myself.”

WEEK SIX
PRACTICE

Catch the Voice

The next time something goes wrong, pause for a moment. Listen for what your mind says about you. Maybe you hear:

- *“That was stupid.”*
- *“Here we go again.”*
- *“I can’t do anything right.”*
- *“Everyone else can handle this.”*
- *“There is something wrong with me.”*

You do not have to argue with the thought. Just notice, *“Yikes, that was harsh.”*

Then imagine saying the same thing to someone you love. In fact, would you say that to a loved one? (Probably not).

See if you can soften the sentence.

Not by pretending everything is fine, but by saying something more accurate and kind.

Something like, *“It’s okay to make mistakes.”*

“If your mind says, *‘I ruined everything,’* you do not have to answer, *‘I am absolutely amazing.’*” That would not feel true. Self-compassion is not positive thinking.

Self-compassion is acknowledging what happened without turning one difficult moment into an attack on who you are.

Instead, try some other examples:

“I made a mistake. I can figure out what to do next.”

“This is harder for me than I wish it were. I can still begin. Just slowly.”

“I am overwhelmed. I do not have to solve everything right now.”

“I wish I had handled that differently. I can repair what I can.”

“I am disappointed in myself. I do not have to attack myself too.”

You can take responsibility. You can learn from what happened. You can make something right. And you can do all of that without being cruel to yourself.

The goal is not to let yourself off the hook. It is to stay on your own side while you figure out what comes next.

WEEK SIX
PRACTICE

Self-Compassion Is Not Letting Yourself Off the Hook

Self-compassion does not mean pretending that your choices do not matter.

It does not mean, *“It doesn't matter that I hurt someone.”*

It can mean, *“I did something I regret. I can apologize, try to repair it, and learn from what happened without deciding that I am a terrible person.”*

It does not mean, *“Deadlines do not matter because I have ADHD.”*

It can mean, *“Deadlines are genuinely hard for me. Beating myself up has not fixed that. What support, structure, or strategy might help next time?”*

It does not mean, *“I never have to change.”*

Sometimes compassion is what makes change possible.

Shame tends to say:

- *“What is wrong with you?”*
- *“You always do this.”*
- *“You should be better by now.”*

Self-compassion asks different questions:

- *“What happened?”*

- *“What was hard here?”*
- *“Did my actions affect someone else?”*
- *“Is there something I want to repair?”*
- *“What might I do differently next time?”*

You can acknowledge that something went badly without turning the mistake into a verdict about yourself. You can recognize the impact of your actions without punishing yourself. You can do something differently next time while also recognizing that some things are genuinely harder for you.

Self-compassion says:

“This matters. I can care about what happened without attacking myself.”

Shame says:

“This happened because there is something wrong with me.”

You do not need shame to learn.

You can care about what happened and still be kind to yourself.

WEEK SIX

You are Allowed to Need Support

Sometimes self-compassion means recognizing, “I do not have to keep doing this the hardest possible way.” If something is consistently difficult, the answer is not always to try harder.

Instead of asking, “*Why can’t I make myself do this?*” sometimes the kinder response is to ask, “What would make this easier for me?”

Maybe you need:

- A reminder
- A calendar
- Medication, therapy, or coaching
- Help from someone
- More sleep
- Fewer commitments
- More time
- An accommodation
- A smaller first step
- Fewer distractions
- Someone nearby as a “body double,” especially while you begin
- A lower standard for what counts as “done.”

Support does not mean you are incapable. It may simply mean you have learned what conditions help you function well. A person who needs glasses does not prove they can see by refusing to wear them.

In the same way, you do not have to prove that you can manage without the tools that help you.

Making something easier is not cheating. It does not mean the task is unimportant or that you are not trying hard enough.

It means you are paying attention to what actually helps you begin, continue, and finish.

Sometimes self-compassion sounds like, *“I could keep struggling with this, or I could make it easier.”*

You do not have to prove your effort by making everything harder than it needs to be.

WEEK SIX
PRACTICE

Hand on Heart – or Somewhere Else

If it feels comfortable, place a hand on your chest.
Or your arm, stomach, or hand.
Take one natural breath.

Quietly say, *“This is hard right now.”*

Another breath. *“I am not alone in my struggle.”*

Another breath. *“What do I need from myself right now?”*

Pause. You do not need an immediate answer.

Sometimes self-compassion feels weird or uncomfortable.
You may feel silly, uncomfortable, embarrassed, or suspicious.
You may think, *“This is cheesy.”*

Notice that too. You do not have to manufacture warm feelings toward yourself, but you can learn to treat yourself with kindness and respect.

Try something smaller: *“I don't have to be cruel to myself about this.”*

That is enough.

WEEK SIX

From Shame to Information

Shame tends to take one difficult moment and turn it into a statement about who you are.

“I forgot something,” becomes, “I am irresponsible.”

“I got overwhelmed,” becomes, “I can’t handle anything.”

“I reacted badly,” becomes, “I am a terrible person.”

That kind of judgment can leave you feeling stuck, embarrassed, or defeated. It tells you that you are the problem, not tell what might actually help. Try shifting from judgment to information. Instead of asking, *“What is wrong with me?”* try asking, *“What happened here?”*

Maybe:

- I needed a better reminder.
- I was exhausted.
- I reacted before thinking.
- I took on too much.
- I needed help.
- I need to apologize.
- I needed a different strategy.
- I needed a break sooner.

Understanding what happened does not mean excusing it. It means looking closely enough to learn from it. Shame gives you a verdict. Information gives you something to work with.

WEEK SIX
PRACTICE

Good Enough

Think of something you have been avoiding because it feels like you should do it perfectly. Forget about the perfect version.

Ask, *“What would good enough look like?”* or *“What is a reasonable amount?”*

Then make it smaller.

Could you:

- Do five minutes?
- Send the short email?
- Make the simple dinner?
- Put away five things?
- Do only the first step?
- Turn in the imperfect version?

Perfection can make starting impossible.

“Good enough” creates a doorway. For these few moments, you are simply practicing being on your own side.

WEEK SIX

When Comparing Yourself Hurts

It can look like everyone else has figured out the things that are difficult for you:

- They arrive on time.
- They keep their houses organized.
- They remember birthdays.
- They answer emails.
- They make dinner without somehow using every pan in the kitchen or making a mess.

Comparison can quickly turn someone else's strength into evidence that something is wrong with you:

- *"Why can they do this and I can't?"*
- *"Why is everything harder for me?"*
- *"I should be better at this by now."*

But you are usually comparing what you know about yourself with what you can see of someone else. You do not see their struggles, their support, the things that come easily to them, or the things that do not.

And even when something truly is easier for someone else, that does not mean it should be equally easy for you. Different brains need different things.

When you notice yourself comparing, try, *“I am comparing again.”*

Then bring the attention back to your own life:

- *“What makes this difficult for me?”*
- *“What would help me?”*
- *“What works for the brain I actually have?”*

You do not have to use someone else’s life as the standard for how well you are doing.

Self-compassion asks you to understand yourself, not measure yourself against everyone else.

WEEK SIX

Coming Home This Week

Once each day, notice one moment of self-criticism.
You don't have to stop it immediately.
Just notice, *“That was harsh.”*

Then try a kinder response, such as:

“This is hard,”

“I can try again,”

“I need help,”

“One thing at a time,”

“I don't have to solve this perfectly,”

“What would help right now?”

Forgot to practice self-compassion? That is an excellent time to practice self-compassion.

Come back.

“The return is the practice.”

WEEK SIX

Audio Practices



 [5-Minute Practice: One for Me, One for You](#)

 [10-minute Practice: Coming Home to Kindness](#)

 [15-Minute Practice: Breathing with Kindness](#)



WEEK SEVEN

Coming Home to Everyday Life

Mindfulness is not only something you do during a practice.

It is something you can bring into the middle of your actual life.

- While answering an email.
- Walking into work.
- Talking with someone you love.
- Waiting in traffic.
- Eating lunch.
- Stepping outside.

You do not have to add another task to your day.

The practice is learning to notice the life you are already living.

Notice. Allow. Return.

WEEK SEVEN

Check-In

Think about the past few days.

Where do you feel most present?

- At home, work or school
- Outdoors
- With people I care about
- When I am alone
- While moving
- While doing something creative
- It depends on the day

Where are you most likely to go on autopilot?

- Getting ready
- Driving
- Working
- Scrolling
- Chores
- Conversations
- Evenings
- Almost everywhere sometimes
- No need to analyze it.

Just notice.

WEEK SEVEN

Mindfulness in Real Life

You do not need to stop your day, sit quietly, or close your eyes to practice mindfulness. Sometimes mindfulness happens right in the middle of ordinary life. It may be the moment you notice:

- I am rushing.
- I have been staring at this screen for an hour.
- I am saying yes, but I want to say no.
- I need to move.
- This moment is actually pretty good.
- I am getting overwhelmed.
- I am doing three things at once.

That small moment of awareness creates a little space between what is happening and what happens next.

You may decide to:

Slow down. • Finish one thing before starting another. • Say no. • Step outside. • Put the phone down.

Mindfulness does not always mean changing course.
Sometimes it simply means realizing you have a choice.

Try This

Once today, catch yourself in the middle of something. Notice, *“This is what I am doing right now.”* Then ask, *“Do I want to keep going this way?”*

WEEK SEVEN

The Transition

Transitions can be surprisingly difficult with ADHD.

Stopping one thing.

Starting another.

Leaving the house.

Coming home.

Changing tasks.

Moving from work into the rest of your evening.

Your brain may still be partly in the thing you just left.

Try This

Choose one transition you already make most days.

When you reach it:

- Pause.
- Feel your feet.
- Take one breath.

Notice:

What am I leaving?

What am I moving toward?

You do not need to feel ready.

Just recognize:

I am changing gears.

WEEK SEVEN

Choose an Everyday Anchor

Mindfulness is easier to remember when it is connected to something you already do. Instead of, *“I should remember to be mindful today.”* Try attaching it to an existing habit.

Choose one:

- Morning coffee or tea
- Brushing my teeth
- Getting into the car
- Opening my computer
- Eating lunch
- Walking through the front door
- Taking medication
- Getting into bed

When it happens, try one tiny practice:

- Notice one breath
- Feel your feet
- Relax your shoulders
- Notice one sound
- Look around
- Ask, *“How am I doing?”*

Keep it tiny. You may not need more motivation. You may need a better reminder.

WEEK SEVEN

Coming Home at Work or School

Work and school can pull attention in many directions.

- Messages.
- Meetings.
- Deadlines.
- Noise.
- Other people.
- Tasks you cannot start.
- Tasks you cannot stop once you finally get started.

Mindfulness will not remove the workload.

But it can help you notice where your attention has gone.

Try asking, *“What am I doing right now?”*

Then, *“Is that what I intended to be doing?”*

Return to the next small thing.

Not the whole project.

Not the whole day.

Just the next thing.

WEEK SEVEN

When Focus Becomes Too Much

ADHD is not always about being unable to pay attention. Sometimes attention becomes difficult to shift. You may suddenly realize:

- I have not moved.
- I forgot to eat.
- I need the bathroom.
- Hours passed.
- I am exhausted.
- I meant to stop a long time ago.

Mindfulness can mean noticing, *“I am very focused, and I need to come up for air.”*

NOTICE: I have been here a while.

RETURN: Look away, feel your body, take one breath.

CHOOSE:

- Keep going?
- Drink water?
- Eat?
- Move?
- Use the bathroom?
- Take a break?
- Stop for today?

WEEK SEVEN

Coming Home in Relationships

It can be hard to stay present while another person is talking. Your mind may jump ahead. You may already know what you want to say. You may interrupt because you are afraid the thought will disappear. Or you may become overwhelmed and stop listening altogether.

The goal is not perfect listening. It is noticing when you have left the conversation and gently returning.

Try noticing just one thing:

- Their words
- Their tone
- Your body
- Your urge to interrupt
- The response forming in your mind

You might notice:

- “I am planning my answer.”
- “I stopped listening.”
- “I am getting overwhelmed.”

That moment of noticing matters. You can pause, let the other person finish, ask them to repeat something, or say, “Give me a second to think about that.”

You will sometimes lose the thread or interrupt. You may need to come back more than once. That is not a failure of the practice.



Coming back to the person is the practice.

WEEK SEVEN

The Pause Before Yes

Sometimes, "yes" comes out before you have checked whether you actually want to do something.

Someone asks.

You answer.

Later you think, *"Why did I agree to that?"*

Mindfulness can create a little space between the request and your answer.

Try, *"Let me check and get back to you," "I need to think about that,"* or *"Can I let you know tomorrow?"*

Before saying yes, consider:

- Do I have the time?
- Do I have the energy?
- Do I want to do this?
- Is this fair to me?
- What will I have to give up to make room for it?

You do not have to decide everything immediately.
A pause is also an answer.

WEEK SEVEN

Coming Home to Nature

Nature gives attention somewhere to go that does not require productivity.

- A tree moving in the wind.
- Clouds.
- Rain on the window.
- Birds.
- A patch of moss.
- The temperature of the air.
- Light changing at the end of the day.

You do not have to hike.

You do not have to meditate outside.

You do not even have to leave the house.

Try This

Look outside or step outdoors for a moment.

Take slow deep breaths.

Find:

- Something moving
- Something still
- Something you can hear
- Something you had not noticed before
- That is enough.

Just look.

WEEK SEVEN

Let Something Good Land

Sometimes we move through pleasant moments too quickly to notice them.

- A good meal.
- A funny text.
- Warm sunlight.
- A pet beside you.
- Your child sleeping peacefully.
- A smile from a friend.
- Finishing something difficult.
- Someone being kind.
- A moment when your brain feels quiet.

When you notice something pleasant, try saying, “*This is good.*” Then stay for one extra breath. You do not have to make the moment last. You are simply letting your brain notice, “*This happened too.*”

WEEK SEVEN

When the Day Gets Away From You

Some days, you suddenly realize, “Where did the day go?”

You may feel:

- Behind.
- Frustrated.
- Embarrassed.
- Panicked.

You do not have to recover the entire day.
Start where you are.

NOTICE

I lost track of the day.

ALLOW

I am focused right now. Shifting may be hard.

RETURN

Look away, feel your body, and take one breath. Then notice what you need.

WEEK SEVEN

Coming Home This Week

Once each day, see if you can catch yourself in the middle of your actual life.

Maybe you are:

- Making coffee.
- Answering an email.
- Talking with someone.
- Driving home.
- Walking through a doorway.
- Scrolling.
- Rushing.
- Doing something you enjoy.

For just a moment, notice, *“This is what I am doing right now.”*

You do not have to stop.

You do not have to make the moment mindful.

You just noticed that you were here.

That counts.

WEEK SEVEN

Audio Practices



 [5-Minute Practice: The Transition Pause](#)

 [10-minute Practice: Coming Back to the Person](#)

 [15-Minute Practice: Right Now, I Am Okay](#)



WEEK EIGHT

Coming Home When Life Gets Hard

How Much Do I Have Available Right Now?

Before we begin, notice how much you have available today. Right now, I feel like I have:

- ☐ Plenty of capacity
- ☐ Enough to get through the day
- ☐ Less than usual
- ☐ Very little left
- ☐ I am running on fumes
- ☐ I honestly do not know

Now notice what feels hardest right now:

- ☐ Getting started or keeping up
- ☐ Making decisions
- ☐ Being around people
- ☐ Managing my emotions
- ☐ Handling noise or stimulation
- ☐ Remembering basic things
- ☐ Taking care of myself
- ☐ Everything feels like a lot

You do not have to figure out why. You do not have to make a plan yet. Just notice: *“This is how I am arriving today.”*

WEEK EIGHT

When You Have Been Running Too Long

Sometimes overwhelm is not one big event.

It is accumulation.

Too many decisions.

Too many demands.

Too many interruptions.

Too little rest.

Too much masking.

Too much trying to keep up.

Too many weeks of saying, *“I just have to get through this week.”*

Until every week becomes that week.

Eventually, your mind and body may begin asking you to stop.

Not because you should be able to do more.

Because you have been doing too much for too long.

WEEK EIGHT

What Burnout Can Look Like

Burnout does not look the same for everyone.

You might notice:

- Tasks that were manageable suddenly feel impossible
- More irritability or emotional reactions
- Less tolerance for noise or people
- Trouble making simple decisions
- More forgetfulness
- Difficulty starting
- Feeling numb or disconnected
- Wanting everyone to leave you alone
- Losing interest in things you usually enjoy
- Sleeping more or less
- Feeling physically exhausted
- Working harder while accomplishing less

Maybe your earliest sign is physical.

Maybe it is emotional.

Maybe you do not notice until you are already overwhelmed.

That still counts.

You do not have to catch it perfectly to come back.

WEEK EIGHT

What Do I Actually Need?

When everything feels urgent, it can be difficult to know what would help. Pause long enough to ask:

Do I need LESS?

- ☐ Noise
- ☐ People
- ☐ Decisions
- ☐ Commitments
- ☐ Screen time
- ☐ Work
- ☐ Pressure
- ☐ Stimulation

Do I need MORE?

- ☐ Rest or sleep
- ☐ Food or water
- ☐ Movement
- ☐ Structure
- ☐ Connection or help
- ☐ Nature

Your needs will not always be the same. Mindfulness helps you notice the difference.

WEEK EIGHT

When You Cannot Do a Long Practice

There will be days when a ten-minute meditation feels ridiculously hard. Do not make mindfulness another demand. Shrink it.

One breath.
Feet on the floor.
Look out a window.
Step outside.
Drink some water.
Unclench your jaw.
Notice one sound.
Put your phone down for thirty seconds.
Say, “This is hard.”
That is practice too.

Your minimum practice might be:

- One breath
- Feel my feet
- Look outside
- Name one emotion
- Step outdoors
- Put a hand somewhere comforting
- Say, “This is hard.”

Small still counts

WEEK EIGHT

Sometimes the Next Step is Connection

Mindfulness can help you notice what is happening inside you. But noticing does not mean you have to handle everything by yourself. Sometimes the next helpful step is to reach out.

That might mean:

- Talking with your therapist
- Contacting your prescriber
- Asking a partner to take something over
- Requesting an accommodation
- Letting someone know you are struggling
- Getting practical help
- Asking someone to sit with you while you begin something

Sometimes we keep trying to solve a problem alone long after another person could make it easier, safer, or more manageable. Reaching out does not mean mindfulness failed. It may mean mindfulness worked well enough for you to recognize, *“I need something I cannot give myself right now.”*

Mindfulness helps you notice what you need. Support is one way you can respond.

WEEK EIGHT

Looking Back

You do not need to decide whether you were good at mindfulness. That was never the goal. Instead, think back to where you were eight weeks ago. Has anything shifted, even a little?

Maybe you notice:

- My attention wanders, and I can sometimes catch it.
- My body gives me information.
- Thoughts are not always facts.
- Emotions rise and change.
- Criticism does not always help me move forward.
- Small practices work better for me than complicated ones.
- I can return without starting over.
- I am beginning to recognize what I need.
- I can pause before reacting.
- I notice good moments more often.

Some changes may be easy to see. Others may be small enough that you almost miss them. Maybe you pause a little sooner. Recover a little faster. Notice your limits before you have completely crossed them. Speak to yourself a little differently. These things count. You do not have to leave eight weeks of practice as a different person.

Maybe you simply know yourself a little better than you did when you began. And if only one thing feels different, that is enough.



WEEK EIGHT

Keep What Works

Which practices would you actually use again?

- ☐ One Breath
- ☐ Feet on the Floor
- ☐ Body Check-In
- ☐ Sensory Awareness
- ☐ Listening to Sound
- ☐ Mindful Touch
- ☐ Finding Something Interesting
- ☐ Naming Thoughts
- ☐ “I’m Having the Thought That...”
- ☐ Naming Emotions
- ☐ Emotional Thermometer
- ☐ A Kinder Voice
- ☐ Everyday Anchors
- ☐ Nature
- ☐ Two-Minute Reset
- ☐ Notice · Allow · Return

You do not need to keep every practice. Some will fit you. Some will not. Keep what helps. Leave what does not.

WEEK EIGHT

Your Coming Home Menu

You do not need one practice that works for everything.
Think of the practices as a menu.

When you have 30 seconds

Try one breath, feel your feet, or look around.

When you feel overwhelmed

Use the Two-Minute Reset or ask, *“What do I need less of? What do I need more of?”*

When emotions are strong

Name the feeling and create a little space before acting.

When your mind will not slow down

Return to sound, your body, or something you can see.

When you are criticizing yourself

Try a kinder voice.

When you feel far away from yourself

Start with the smallest possible return.

You do not have to remember the whole menu.

Just remember:

There is more than one way home.



WEEK EIGHT

What Do You Want More Of?

Mindfulness is not only about managing what is difficult. It can also help you notice what matters. Maybe you want more:

- Calm
- Connection
- Rest
- Creativity
- Play
- Nature
- Compassion
- Confidence
- Curiosity
- Meaning
- Room to breathe

You do not need to reinvent your life after this course. Choose one small way of moving toward something that matters.

- ☐ One practice.
- ☐ One boundary.
- ☐ One relationship.
- ☐ One habit.
- ☐ One different choice.

Small is enough.

WEEK EIGHT

When You Stop Again

You will. Life will get busy.
You will forget your anchors.
You may stop meditating.
Weeks may pass. Maybe months.

And then one day something will remind you.
A breath.
A tree.
A feeling in your chest.
Your feet touching the floor.
A sentence from this workbook.
You may think, “I haven't done this in forever.”

That moment is not proof that you failed.
That moment is the practice beginning again.
There is no streak to rebuild.
No missed practice to repay.
You never have to start over.
You simply come back from wherever you are.

WEEK EIGHT

Welcome Home

Coming Home is not becoming someone different.

It is not finally getting yourself under control.

It is not fixing your ADHD.

It is learning to recognize yourself a little sooner, meet yourself with a little more kindness, and create enough space to choose what happens next.

Sometimes returning will mean resting.

Sometimes it will mean asking for help.

Sometimes it will mean changing course.

Sometimes it will mean trying again.

And sometimes the only thing you can do is notice, *“This is hard right now.”* That counts too.

You do not need to remember everything in this workbook.

Keep what helps.

Leave what does not.

And when you wander away for a while, you already know the way back.

Notice. Allow. Return.

Again and again.

The return is the practice.

Welcome home.

WEEK EIGHT

Audio Practices



 [5-Minute Practice: Notice what has changed](#)

 [10-minute Practice: Coming Home to Yourself](#)

 [15-Minute Practice: Notice. Allow. Return](#)

