FITTING IN, WHILE STANDING OUT

SUPPORTING NEURODIVERSITY

ADHD Self-Exploration Workbook

FittingIn Neurodiversity-Affirming Version

A gentle, reflective tool to help you understand your patterns, strengths, and challenges.

Name: _____

Date: _____

Before you begin

This workbook is designed to help you explore how ADHD-related traits may show up in your life. There are no right or wrong answers. Nothing here is about “fault” or “failure”. It’s simply a way to notice patterns with kindness and curiosity.

FittingIn is a calm, supportive space for neurodivergent people to understand themselves without judgement or pressure. Many of us have spent years trying to fit into systems that weren’t designed for our brains. Here, you don’t have to mask or pretend. You get to explore who you are with kindness.

This workbook is a gentle starting point. It isn’t a test or a diagnosis. It’s simply a way to notice patterns, understand your experiences, and identify what helps you thrive.

You can tick things that feel familiar, leave things that don’t, and write notes if you want to. There is no right or wrong way to use this.

How to use this workbook

- [x] Tick anything that feels familiar.
- [ ] Leave anything that doesn’t — skipping is fine.
- [ ] Use the notes lines to explain more, in your own words.
- [ ] Go at your own pace, in any order. Take breaks whenever you need.

This isn’t to replace a diagnosis but it is to understand what areas you may want to work on.

SECTION 1 OF 10

1

Attention & Focus

How your attention behaves day-to-day

- [ ] I lose track of what I'm doing
- [ ] I drift off during conversations even when I care
- [ ] I find it hard to finish tasks
- [ ] My mind wanders even when I try to focus
- [ ] I forget what I was doing mid-task
- [ ] I need reminders to stay on track

Notes

SECTION 2 OF 10

2

Executive Function & Organisation

How you plan, organise, and get started

- [ ] I struggle to decide what to do first
- [ ] Multi-step tasks feel overwhelming
- [ ] I underestimate how long things will take
- [ ] My space becomes cluttered easily
- [ ] I lose important items
- [ ] I procrastinate even on simple tasks
- [ ] I avoid tasks that feel mentally heavy
- [ ] I rely on deadlines or pressure to begin

Notes

SECTION 3 OF 10

3 Restlessness (Body & Mind)

How your energy feels

- [ ] I fidget or move often
- [ ] Sitting still for long periods feels uncomfortable
- [ ] My mind feels busy or fast
- [ ] I jump between thoughts quickly
- [ ] I need stimulation to stay engaged

Notes

SECTION 4 OF 10

4

Impulsivity

How you respond in the moment

- [ ] I interrupt without meaning to
- [ ] I speak before I think
- [ ] I act quickly and sometimes regret it
- [ ] I react emotionally before I can pause
- [ ] I struggle to wait my turn

Notes

SECTION 5 OF 10

5

Emotional Experience

How emotions show up for you

- [ ] I feel emotions intensely
- [ ] I get frustrated quickly
- [ ] It takes time to calm down once upset
- [ ] I feel criticised easily
- [ ] I experience rejection sensitivity
- [ ] I take things personally even when I don’t want to

Notes

SECTION 6 OF 10

6

Daily Life Impact

How ADHD-type patterns affect routines

- [ ] My home feels disorganised or chaotic
- [ ] I forget chores, bills, or admin tasks
- [ ] Routines are hard to maintain
- [ ] I lose track of time
- [ ] Sleep routines are difficult
- [ ] Everyday tasks feel overwhelming at times

Notes

SECTION 7 OF 10

7

Work / Education

How you function in structured environments

- [ ] I underperform compared to my ability
- [ ] I miss deadlines or rush at the last minute
- [ ] Admin tasks drain me
- [ ] Meetings are hard to follow
- [ ] I zone out during long discussions
- [ ] I need external pressure to complete tasks

Notes

SECTION 8 OF 10

8

Relationships & Communication

How you connect with others

- [ ] I interrupt or talk over people unintentionally
- [ ] I lose track of conversations
- [ ] I forget important dates or commitments
- [ ] I feel misunderstood
- [ ] I struggle to maintain friendships
- [ ] People say I seem distracted or distant

Notes

SECTION 9 OF 10

9

Childhood Patterns

Early signs that may still matter

- [ ] Teachers described me as distracted, dreamy, or disruptive
- [ ] I struggled with organisation or homework
- [ ] I was inconsistent in performance
- [ ] I was forgetful or easily distracted
- [ ] I had difficulty sitting still
- [ ] I acted impulsively

Notes

SECTION 10 OF 10

10

Your Personal Reflection

Bringing it all together

What feels most true for you

What impacts your life the most

What you'd like support with

This isn't to replace a diagnosis but it is to understand what areas you may want to work on. If you'd like to talk it through, you can book time with Emma at fittingin.co.uk/book