

ADHD Skills For Success
Week 6: Mood and Anxiety
Worksheet: Reframing Thoughts

Willa set a self-care SMART goal to go to the gym three times this week. This seemed feasible for her, when she worked from the office she would drop into the gym next door on the way home from work. However, now that she works from home it takes more effort and planning to get there. She recalls how much exercise helped with her focus and with sleep, and this is why she has set this up as a SMART goal.

When her skills group check-in rolls around, she thinks, “I didn’t make it to the gym again this week. I have no self-discipline. Everyone else seems to be able to follow through, but I can’t.”

She feels defeated, unmotivated, and ashamed.

Help Willa reframe these thoughts, using the THINK acronym:

Group 1: TRUE - How true is this thought? Are there thinking traps? What is being ignored? What would be a thought that is truer?
How might this new thought affect her feelings?

Group 2: HELPFUL – How helpful is this thought? Where is this thought taking her? What are the pros of thinking this way? What are the cons?
What would be a more helpful thought?
How might this new thought affect her feelings?

Group 3: INSPIRE – Imagine that Willa is someone who has intentions to be more kind to herself, and to apply her ADHD skills learning that “inch by inch, everything’s a cinch”. What are some thoughts that might be more inspiring for her in this moment?
How might this new thought affect her feelings?

Group 4: NEEDS – What do you think might be the needs of Willa’s healthy self in this instance? Her thoughts might be trying to bring these to mind, albeit in an unskillful way. How might she reframe her thoughts if instead, she tried to consider how to identify and meet her needs?
How might this new thought affect her feelings?

Group 5: KIND – How could Willa reframe her thoughts if she had the intention to be kind? What would she say to a dear friend in this situation? What would her kinder, future self say to her in this situation?
How might this new thought affect her feelings?