

Routines: Instructions

What are my routines?

Routines can be difficult to create on purpose, but we all have routines that just kind of appear. Use page 2 (or a piece of paper) to record all of your activities, in order, for a few days—at least three weekdays and maybe one full weekend. You'll need more than one copy of that page.

When you have your 3-5 days of activities all written down, look for patterns, or groups of activities that seem to happen together, in the same order, from one day to the next. Copy them, in order, onto page 3 of this set of worksheets or onto a new blank page, and name each group.

How do I add to my routines?

When you have a new habit that you want to add to an established routine, you need to decide when you want to do it and then copy that routine out with the new habit in its correct spot. Then you can start intentionally following the list, using habit-forming techniques like immediately rewarding yourself for completing the tiniest part of the new habit.

How do I deal with routine disruption?

Life happens, and our routines get disrupted all the time. Sometimes it's a permanent disruption, but sometimes it's just a blip in our progress. Use page 5 of this document to create contingency plans for each of your routines. This is most likely going to consist of a stripped-down version of each routine, where you include only the most important activities, but it could also be a list of different times you could engage in the routine if you can't do it at the usual time. Once you have a plan you are satisfied with, copy it onto a Contingency Card (last page; print on card stock and cut into quarters). You can keep these cards with your other Actually ADHD cards for easy access and reference.

Contingency Plans

Which of your current routines are you developing a contingency plan for right now?

What are some things that can (or will) disrupt this routine?

Which activities in this routine do you need to do in order to feel like your day is going well and things are on track?

If you can't complete this routine at your usual time, when could you do it instead?

What could you do instead to achieve a similar result if this routine cannot be done in any way, at any time? This could include washing with a cloth or wipes instead of taking a full shower or bath, chewing gum instead of using mouthwash, or texting with a friend instead of seeing them in person.



Contingency Card

Contingency Plan for Disrupted Routine

Routine: _____

If I cannot complete this routine in the usual way, these are things I can do to get me through.

Empowering ADHDers through community, understanding, encouragement, practical advice, and accurate information.



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