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Common ADHD Behavioral Red Zones Worksheet

For Reflection, Awareness & Reclaiming Control

Instructions:

✓ Read each Red Zone below.

✎ Put a ✓ next to any that apply to you.

👉 Use the space provided to reflect on how this shows up in your life, and what you might do to notice or interrupt the pattern.

Overcommitting

Saying yes when I don't have the time or energy.

Underestimating how long tasks will take.

This shows up in my life when...

Last-Minute Rush / Crisis Mode

Waiting until the pressure is unbearable to act.
Feeling most productive under urgent deadlines.

This shows up in my life when...

Avoidance or Shutdown

Avoiding tasks that feel hard or emotionally uncomfortable.
Disengaging completely (e.g., scrolling, zoning out).

This shows up in my life when...

Negative Self-Talk / Harsh Inner Critic

“What’s wrong with me?”
Feeling stuck in shame or hopelessness.

This shows up in my life when...

Disregarding Basic Needs

Skipping meals, rest, or hydration.
Pushing through stress signals.

This shows up in my life when...

People-Pleasing / Conflict Avoidance

Saying yes to avoid guilt or tension.
Struggling to advocate for my needs.

This shows up in my life when...

Impulsivity

Making quick decisions without considering consequences.
Jumping from one thing to the next.

This shows up in my life when...

Hyperfocus (to a fault)

Getting “lost” in tasks and losing time.
Letting other responsibilities slide.

This shows up in my life when...

Perfectionism

Procrastinating because the task must be perfect.
Fear of mistakes keeps me frozen.

This shows up in my life when...

All-or-Nothing Thinking

“If I can’t do it all, I might as well not do it.”
Difficulty breaking things into steps.

This shows up in my life when...

Reflect & Reclaim

Look back at the checkmarks and your reflections.

Which one or two Red Zones do you most want to notice and shift?

What would rewinding or resetting look like in those moments?

My insight or intention:
