The CBT Workbook for Adult ADHD

Companion Worksheet Package

Chapter-Mapped Companion Download

Printable + Fillable Editions

Kristen Baird-Goldman

© 2026 Kristen Baird-Goldman. All rights reserved.

For personal use and companion programs. Not a substitute for professional advice.

Suggested rhythm

- Use the worksheet listed in your current chapter, or choose the one that matches your most pressing challenge.
- Aim for progress, not perfection. Small steps count.
- Repeat a worksheet. Repetition builds automaticity (especially with ADHD).
- When emotions spike, use grounding first, then return to cognitive tools.
- If a worksheet feels too big, shrink it: complete only the first prompt or one row.

Your quick start (2 minutes)

1. Pick one worksheet from the chapter you are reading.
2. Write a single sentence in the first box.
3. Choose one tiny next action and schedule it.

This companion belongs to:

Name: _____

Email (optional): _____

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Use with The CBT Workbook for Adult ADHD

Page numbers below refer to this companion package (not the book).

Item	Worksheet / Section	Package p.
Chapter 1	Understanding Adult ADHD - overview	5
1A	My ADHD Profile	6
1B	Strengths, Challenges, and Supports	7
1C	Values and Goals Snapshot	8
Chapter 2	Using CBT to Manage ADHD - overview	9
2A	CBT Map: Situation-Thought-Feeling-Behavior	10
2B	Cognitive Distortions Check-in	11
2C	Thought Record (ADHD Moment)	12
Chapter 3	Reflecting on Your Unique Experience with ADHD - overview	13
3A	Life Domains Impact Map	14
3B	Triggers, Barriers, and Boosters	15
3C	What Has Worked Before?	16
Chapter 4	Building Systems to Support Organization and Planning - overview	17
4A	Weekly Planning Page	18
4B	Task Breakdown and Start Plan	19
4C	Prioritization Matrix (Impact x Effort)	20
4D	Environment & Tools Setup Checklist	21

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Use with The CBT Workbook for Adult ADHD

Page numbers below refer to this companion package (not the book).

Item	Worksheet / Section	Package p.
Chapter 5	Improving Your Attention and Focus - overview	22
5A	Distraction Log	23
5B	Focus Sprint Plan	24
5C	Attention Anchors Menu	25
Chapter 6	Managing Impulsivity and Hyperactivity - overview	26
6A	Pause Plan (If-Then)	27
6B	Urge Surfing Worksheet	28
6C	Impulse Debrief	29
Chapter 7	Negative Thinking in ADHD and Trauma - overview	30
7A	Thought Record (Trauma-Informed)	31
7B	Inner Critic vs Compassionate Coach	32
7C	Grounding and Safety Plan	33
Chapter 8	Practice Self-Compassion, Build Self-Esteem, and Restore Your	34
	Emotional Well-Being - overview	
8A	Self-Compassion Break	35
8B	Evidence Log: Strengths & Growth	36
8C	Relapse Prevention & Reset Plan	37
8D	My ADHD Toolkit	38
Appendix	Planning & tracking templates - overview	39
A1	Daily Plan (Time-Blocked)	40
A2	Habit / Medication / Sleep Tracker	41
A3	Time Estimation Practice	42

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Understanding Adult ADHD

Use these worksheets alongside the chapter. Pick one or two per week, or repeat the same worksheet until it feels automatic.

Worksheets in this chapter

- 1A My ADHD Profile
- 1B Strengths, Challenges, and Supports
- 1C Values and Goals Snapshot

Tip: If you get stuck, start with the smallest next action you can do in under 2 minutes.

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 1: Understanding Adult ADHD (Book p. 3)

1A - My ADHD Profile

Purpose: Identify how ADHD shows up for you and what helps.

Name:

Date:

Common areas (check all that apply)

- ☐ Inattention
- ☐ Time blindness
- ☐ Task initiation
- ☐ Emotional reactivity
- ☐ Distractibility
- ☐ Procrastination
- ☐ Follow-through
- ☐ Impulsivity

Situations where ADHD affects me most:

Situations where I function surprisingly well:

One ADHD-related strength I want to remember:

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 1: Understanding Adult ADHD (Book p. 3)

1B - Strengths, Challenges, and Supports

Purpose: Make your strengths and needs visible so you can design supports (not rely on willpower).

Strengths	Challenges	Supports I can use

One support I will try this week: _____

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 1: Understanding Adult ADHD (Book p. 3)

1C - Values and Goals Snapshot

Purpose: Connect what matters to you with realistic goals and next steps.

What I want more of in my life (values):

A goal aligned with these values (specific and small):

Plan

Likely obstacles:

Supports I will use:

Smallest next action (<= 2 minutes):

When will I do it? (date/time):

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Using CBT to Manage ADHD

Use these worksheets alongside the chapter. Pick one or two per week, or repeat the same worksheet until it feels automatic.

Worksheets in this chapter

- 2A CBT Map: Situation-Thought-Feeling-Behavior
- 2B Cognitive Distortions Check-in
- 2C Thought Record (ADHD Moment)

Tip: If you get stuck, start with the smallest next action you can do in under 2 minutes.

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 2: Using CBT to Manage ADHD (Book p. 17)

2A - CBT Map: Situation-Thought-Feeling-Behavior

Purpose: Map the CBT loop so you can change one part of it.

Situation (what happened?)

Thoughts (what went through my mind?)

Feelings (emotions + body)

Behaviors (what I did / avoided)

One small change I can try next time:

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 2: Using CBT to Manage ADHD (Book p. 17)

2B - Cognitive Distortions Check-in

Purpose: Notice thinking patterns that increase shame, overwhelm, or avoidance.

Which showed up recently? (check)

- ☐ All-or-nothing thinking
- ☐ Mind reading
- ☐ Overgeneralizing
- ☐ Emotional reasoning
- ☐ Fortune telling
- ☐ Catastrophizing
- ☐ Should statements
- ☐ Discounting the positive
- ☐ Labeling/self-judgment
- ☐ Personalization

Pick one thought to reframe:

A more balanced alternative:

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 2: Using CBT to Manage ADHD (Book p. 17)

2C - Thought Record (ADHD Moment)

Purpose: Catch automatic thoughts and reduce emotional intensity.

1) Situation:

2) Emotion(s) + intensity (0-100):

3) Automatic thought:

4) Evidence FOR the thought:

5) Evidence AGAINST the thought:

6) Balanced alternative thought:

7) New emotion intensity (0-100):

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Reflecting on Your Unique Experience with ADHD

Use these worksheets alongside the chapter. Pick one or two per week, or repeat the same worksheet until it feels automatic.

Worksheets in this chapter

- 3A Life Domains Impact Map
- 3B Triggers, Barriers, and Boosters
- 3C What Has Worked Before?

Tip: If you get stuck, start with the smallest next action you can do in under 2 minutes.

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 3: Reflecting on Your Unique Experience with ADHD (Book p. 31)

3A - Life Domains Impact Map

Purpose: See where ADHD impacts you most and where to focus first.

Rate each domain (0 = no impact, 10 = high impact).

Work/School	Impact:		Why:	
Home/Chores	Impact:		Why:	
Health	Impact:		Why:	
Relationships	Impact:		Why:	
Money/Administration	Impact:		Why:	
Self-care/Rest	Impact:		Why:	
Time/Planning	Impact:		Why:	
Emotions/Stress	Impact:		Why:	

Top 1 domain to focus on this month: _____

Companion to Chapter 3: Reflecting on Your Unique Experience with ADHD (Book p. 31)

3B - Triggers, Barriers, and Boosters

Purpose: Identify what knocks you off track and what helps you re-engage.

Triggers / barriers (internal + external):

Boosters / supports (what helps):

One trigger-support pair I will plan for:

If this trigger happens, I will:

Companion to Chapter 3: Reflecting on Your Unique Experience with ADHD (Book p. 31)

3C - What Has Worked Before?

Purpose: Build a personal evidence base for what works for you.

A time I handled something well (even if imperfect):

What I did that helped:

Conditions that made it easier (environment, timing, support):

How I can reuse this strategy this week:

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Building Systems to Support Organization and Planning

Use these worksheets alongside the chapter. Pick one or two per week, or repeat the same worksheet until it feels automatic.

Worksheets in this chapter

- 4A Weekly Planning Page
- 4B Task Breakdown and Start Plan
- 4C Prioritization Matrix (Impact x Effort)
- 4D Environment & Tools Setup Checklist

Tip: If you get stuck, start with the smallest next action you can do in under 2 minutes.

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 4: Building Systems to Support Organization and Planning (Book p. 53)

4A - Weekly Planning Page

Purpose: Plan your week using realistic capacity and visible commitments.

Week of:

Focus theme:

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Top 3 priorities this week:

Companion to Chapter 4: Building Systems to Support Organization and Planning (Book p. 53)

4B - Task Breakdown and Start Plan

Purpose: Reduce overwhelm and support task initiation.

Task:

Why it matters (or what it unlocks):

Break it into tiny steps (the first step should be under 2 minutes):

Start time: Estimated time:

Obstacle I expect: Support I will use:

Reward / reset after:

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 4: Building Systems to Support Organization and Planning (Book p. 53)

4C - Prioritization Matrix (Impact x Effort)

Purpose: Choose where to spend your attention. Not everything deserves your best hours.

Impact → Low to High

Effort → Low to High

Maintenance *Low impact / Low effort*	Quick wins *High impact / Low effort*
Defer / delegate *Low impact / High effort*	Major projects *High impact / High effort*

One decision I will make based on this matrix: _____

Companion to Chapter 4: Building Systems to Support Organization and Planning (Book p. 53)

4D - Environment & Tools Setup Checklist

Purpose: Reduce friction. Design your environment so the right action is the easy action.

Check what you already have, then pick 1-2 items to add this week.

- [ ] Single capture system (one inbox) for ideas/tasks
- [ ] Calendar alerts for appointments + transitions
- [ ] Visual timer or timer app ready to use
- [ ] Body-double option (person/video/cowork)
- [ ] Dedicated 'launch pad' spot for keys/wallet/bag
- [ ] Notifications trimmed (social/email) during focus blocks
- [ ] Break tasks into next actions (not vague goals)
- [ ] Prepare tomorrow's first step the night before
- [ ] Movement/micro-break plan (stretch, walk, water)
- [ ] Ask for accommodations or supports when needed

Two changes I will make this week: _____

Improving Your Attention and Focus

Use these worksheets alongside the chapter. Pick one or two per week, or repeat the same worksheet until it feels automatic.

Worksheets in this chapter

- 5A Distraction Log
- 5B Focus Sprint Plan
- 5C Attention Anchors Menu

Tip: If you get stuck, start with the smallest next action you can do in under 2 minutes.

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 5: Improving Your Attention and Focus (Book p. 75)

5A - Distraction Log

Purpose: Track distractions without shame and learn patterns.

Date: _____ Context/task: _____

Time	Distraction	Trigger	My response	Next step

Pattern I notice: _____

Companion to Chapter 5: Improving Your Attention and Focus (Book p. 75)

5B - Focus Sprint Plan

Purpose: Create a short, structured focus block that is easier to start.

Task for this sprint: _____

Sprint length (minutes): _____ Start time: _____

Before I start (check)

- ☐ Clear workspace (2 minutes)
- ☐ Notifications off
- ☐ Water/snack nearby
- ☐ Timer ready
- ☐ Materials open
- ☐ One tiny next action defined

If I get stuck, I will (choose a rescue step):

Break plan (what I will do after the sprint): _____

Reward / reset: _____

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 5: Improving Your Attention and Focus (Book p. 75)

5C - Attention Anchors Menu

Purpose: Create quick cues that bring your attention back (without self-criticism).

Pick 3-5 anchors to try this week.

- [ ] One deep breath + 'Back to the next step'
- [ ] Look at my written next action
- [ ] Stand up for 10 seconds, then sit
- [ ] Change music or use white noise
- [ ] Move phone out of reach
- [ ] Visual timer check-in
- [ ] Body-double (call / cowork / video)
- [ ] 5-4-3-2-1 grounding
- [ ] Mini-start: do 30 seconds only
- [ ] State out loud: 'I am starting now'

My custom anchor: _____

When I will practice anchors: _____

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Managing Impulsivity and Hyperactivity

Use these worksheets alongside the chapter. Pick one or two per week, or repeat the same worksheet until it feels automatic.

Worksheets in this chapter

- 6A Pause Plan (If-Then)
- 6B Urge Surfing Worksheet
- 6C Impulse Debrief

Tip: If you get stuck, start with the smallest next action you can do in under 2 minutes.

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 6: Managing Impulsivity and Hyperactivity (Book p. 97)

6A - Pause Plan (If-Then)

Purpose: Build a pause between impulse and action using clear cues.

Common trigger situation(s):

My early warning sign (body/behavior):

IF... If I notice:

THEN... Then I will do (2-minute plan):

Coping statement (kind and direct):

Support person/tool I can use:

Companion to Chapter 6: Managing Impulsivity and Hyperactivity (Book p. 97)

6B - Urge Surfing Worksheet

Purpose: Ride out urges without fighting them. Urges rise, peak, and fall.

Urge situation (what happened / what I want to do):

Urge intensity now (0-10): Urge intensity after 10 min (0-10):

What I notice in my body (sensations):

What I notice in my mind (thoughts/images):

One values-based alternative action I can do for 2 minutes:

How I will reward/soothe myself afterward:

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 6: Managing Impulsivity and Hyperactivity (Book p. 97)

6C - Impulse Debrief

Purpose: Learn from impulses without shame and plan one improvement.

What happened (facts, short):

What need was I trying to meet?

Cost/consequence (time, money, relationships, energy):

What I can repair or do differently now:

One tweak to prevent this next time:

Next time I notice the urge, I will:

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Negative Thinking in ADHD and Trauma

Use these worksheets alongside the chapter. Pick one or two per week, or repeat the same worksheet until it feels automatic.

Worksheets in this chapter

- 7A Thought Record (Trauma-Informed)
- 7B Inner Critic vs Compassionate Coach
- 7C Grounding and Safety Plan

Tip: If you get stuck, start with the smallest next action you can do in under 2 minutes.

Companion to Chapter 7: Negative Thinking in ADHD and Trauma (Book p. 121)

7A - Thought Record (Trauma-Informed)

Purpose: Challenge negative thoughts while staying grounded and emotionally safe.

If you feel flooded, start with grounding (below) before completing the record.

Grounding (check what you used)

- ☐ 5-4-3-2-1 senses
- ☐ Feet on floor + slow exhale
- ☐ Name 3 safe things in the room
- ☐ Cold water / texture
- ☐ Reach out to a trusted person

Situation / trigger:

Emotion(s) + intensity (0-100):

Automatic thought (what does this say about me/the world?):

What this thought is protecting me from (fear/need):

Compassionate, reality-based reframe:

One safe next step I can take:

Companion to Chapter 7: Negative Thinking in ADHD and Trauma (Book p. 121)

7B - Inner Critic vs Compassionate Coach

Purpose: Reduce shame by separating the inner critic from a supportive inner voice.

Inner critic says:

Compassionate coach says:

What action would the coach encourage (tiny + doable)?

How I will speak to myself during the action:

Companion to Chapter 7: Negative Thinking in ADHD and Trauma (Book p. 121)

7C - Grounding and Safety Plan

Purpose: A quick plan for when your nervous system is activated.

Early warning signs (body/behavior):

Top grounding tools that work for me:

People I can contact:

Safe places / environments:

What helps me feel safe (reminders, statements):

If you are in immediate danger or need urgent support, contact local emergency services or a crisis line in your area.

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Practice Self-Compassion, Build Self-Esteem, and Restore

Use these worksheets alongside the chapter. Pick one or two per week, or repeat the same worksheet until it feels automatic.

Worksheets in this chapter

- 8A Self-Compassion Break
- 8B Evidence Log: Strengths & Growth
- 8C Relapse Prevention & Reset Plan
- 8D My ADHD Toolkit

Tip: If you get stuck, start with the smallest next action you can do in under 2 minutes.

Companion to Chapter 8: Practice Self-Compassion, Build Self-Esteem, and Restore Your Emotional Well-Being (Book p. 145)

8A - Self-Compassion Break

Purpose: A quick practice to reduce shame and restore motivation.

1) Mindfulness: What is hard right now? (name it)

2) Common humanity: How is this a human struggle (not a personal failure)?

3) Kindness: What would I say to a friend in my situation?

One caring next step I will take:

Companion to Chapter 8: Practice Self-Compassion, Build Self-Esteem, and Restore Your Emotional Well-Being (Book p. 145)

8B - Evidence Log: Strengths & Growth

Purpose: Track evidence of strengths and growth (your brain remembers negatives more easily).

Week of: _____

Date	What I did / handled	Strength shown	Impact (small counts)

One sentence I want to remember: _____

Companion to Chapter 8: Practice Self-Compassion, Build Self-Esteem, and Restore Your Emotional Well-Being (Book p. 145)

8C - Relapse Prevention & Reset Plan

Purpose: Normalize setbacks and create a simple reset sequence.

Early warning signs:

What usually stops working (systems, habits, supports):

My 3-step reset plan (keep it tiny):

Support I will ask for (who/what):

When I will review this plan again:

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Companion to Chapter 8: Practice Self-Compassion, Build Self-Esteem, and Restore Your Emotional Well-Being (Book p. 145)

8D - My ADHD Toolkit

Purpose: Keep your best tools visible so you can return to them quickly.

My go-to tools (check)

- ☐ Weekly planning page
- ☐ Focus sprint
- ☐ Visual timer
- ☐ Environmental setup
- ☐ Self-compassion break
- ☐ Grounding
- ☐ Task breakdown (tiny steps)
- ☐ Body-double
- ☐ Capture inbox
- ☐ Thought record
- ☐ Movement break
- ☐ If-Then pause plan

My top 3 tools and when I will use them:

Notes / custom tools:

Use these pages anytime (not tied to a single chapter).

Planning & Tracking Templates

These templates are optional. Use them to support routines, planning, time awareness, and follow-through. Print multiple copies or complete digitally.

Included:

- A1 Daily Plan (Time-Blocked)
- A2 Habit / Medication / Sleep Tracker
- A3 Time Estimation Practice

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.

Optional planning & tracking pages

A1 - Daily Plan (Time-Blocked)

Purpose: Time-block your day with realistic expectations and built-in transitions.

Date: _____ Top 1 priority: _____

Morning (time blocks):

Afternoon (time blocks):

Evening (time blocks):

Transitions I will protect (travel, reset, food): _____

End-of-day reset (2 minutes): _____

A2 - Habit / Medication / Sleep Tracker

Purpose: Track a few keystone habits. Consistency beats intensity.

Week of: _____

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Medication	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Protein breakfast	☐	☐	☐	☐	☐	☐	☐
Hydration	☐	☐	☐	☐	☐	☐	☐
Planning check-in	☐	☐	☐	☐	☐	☐	☐
Screen boundary	☐	☐	☐	☐	☐	☐	☐

One habit to focus on next week: _____

Optional planning & tracking pages

A3 - Time Estimation Practice

Purpose: Train time estimation and reduce time blindness.

Task	Estimated	Actual	Notes

Pattern I notice: _____

Worksheet Package - © 2026 Kristen Baird-Goldman. All rights reserved.