

My ADHD workbook

+ 8-week journal

Get ready for your GP or ADHD assessment, one page at a time.

Name: Age:

Email:

Clairemind helps you prepare. It cannot diagnose ADHD or refer you. In the UK only a specialist (psychiatrist or suitably qualified clinician) can diagnose ADHD, after a full assessment (NICE NG87). Your GP can refer you.

How to use this workbook

- Do one page at a time. Short answers are fine — bullet points count.
- Use real examples: what happened, where, how often, and what it stopped you doing.
- Ask someone who knew you as a child (parent, sibling, teacher) to fill in the informant pages.
- Use the journal for 8 weeks if you can. Clinicians find day-to-day examples helpful.
- Take the whole workbook to your appointment. You don't have to share anything you don't want to.
- If you ever feel unsafe or think about harming yourself, call 999, NHS 111 (option 2 for mental health), or Samaritans on 116 123 (free, 24/7).

1. About you

The basics a clinician will ask about first.

Why are you seeking an assessment now? What has changed?

What are you hoping to get from it (understanding, support, treatment options)?

Who lives with you, and what do you do day to day (work, study, caring)?

Has anyone in your family been diagnosed with ADHD, autism or another condition?

2. Childhood history

NICE and DSM-5 look for signs that started in childhood (before age 12). Ask family, and look at old school reports.

Before age 12, were you often described as distracted, daydreamy, restless or 'chatty'? Give examples.

What did school reports or teachers say about you?

How were homework, tidying, getting ready and following instructions?

Any accidents, injuries or risky behaviour as a child?

Friendships and behaviour: how did you get on with other children?

Anything about pregnancy, birth or early development your family remembers?

3. Attention examples

Write a real, recent example for each. Note where it happens: home, work, school, social.

Losing focus on tasks or conversations, even ones that matter

Careless mistakes or missing details

Starting things but not finishing them

Losing things (keys, phone, paperwork)

Forgetting appointments, bills or promises

Putting off tasks that need a lot of thinking

4. Restlessness and impulsivity

Again, real examples and where they happen.

Fidgeting, or finding it hard to sit still in meetings, films or meals

Feeling restless or 'on the go' inside

Talking a lot, interrupting, finishing other people's sentences

Finding it hard to wait (queues, turns, traffic)

Acting before thinking: spending, saying things, quick decisions

Strong emotions that come and go quickly

5. Daily life and impact

Clinicians need to know how much these things affect your life, not only that they happen.

Work or study: performance, warnings, changing jobs, missed deadlines

Home: money, housework, meals, paperwork, keeping track of time

Relationships and friendships

Driving, safety or accidents

What helps? What have you tried already (lists, alarms, routines)?

6. Informant form

For a parent, partner, sibling, friend or teacher. NICE recommends information from someone who knows you well. They can write here or on a separate sheet.

Your name and how you know them (and for how long):

What did you notice when they were a child (before 12)?

What do you notice now, at home, work or school?

How does it affect their life?

7. Physical health

NICE NG87: before any medication, a clinician checks heart health, blood pressure, heart rate, height and weight.

Current health conditions and diagnoses

Any heart problems, fainting, chest pain or palpitations? Any sudden heart deaths in the family under 40?

Medicines, supplements, alcohol, caffeine, smoking, vaping or other drugs

Sleep: what time you go to bed, fall asleep, wake up. Any snoring or waking tired?

Height, weight and blood pressure (if you know them)

8. Mental health

Anxiety, low mood, autism and other conditions can look similar to ADHD or happen alongside it. Clinicians check for these.

Any past or current mental health diagnoses or treatment

How has your mood been in the last 2 weeks?

Worry or anxiety: how often, and what about?

Anything about social communication, routines or sensory things you've noticed?

Any big life events, stress or trauma you'd like a clinician to know about (only if you're comfortable)

9. Risk and safety

These questions are routine. Being honest helps you get the right support. If you feel unsafe now, call 999 or Samaritans on 116 123.

Have you had thoughts of harming yourself or not wanting to be here? Who can you talk to?

Any risky situations (driving, money, substances) you're worried about?

Who is in your support network?

10. Medication monitoring

For later, if you start ADHD medication. NICE advises regular checks of heart rate, blood pressure, weight, appetite and sleep. Your prescriber will tell you how often.

Medicine, dose and start date

Week 1-2: effects you notice (good and bad)

Appetite, sleep, mood changes

Heart rate / blood pressure readings and dates

Questions for your prescriber

What to bring

Tick off as you go.

- ☐ This workbook, filled in as far as you can
- ☐ Informant form from someone who knows you
- ☐ Old school reports, if you have them
- ☐ List of medicines and doses
- ☐ Your screening results (from Clairemind)
- ☐ Your GP letter
- ☐ Questions you want to ask
- ☐ Glasses, water, snack — appointments can be long

GP letter

Copy or adapt this. Hand it to your GP or reception.

Dear Doctor,

I would like to be referred for an ADHD assessment. I have had difficulties with attention, organisation and restlessness since childhood, and they affect my daily life at

_____.

I completed the WHO Adult ADHD Self-Report Scale (ASRS v1.1) Part A and scored ____ out of 6 in the shaded range. I understand this is a screening result, not a diagnosis.

I have attached examples from childhood, current symptoms and an informant account. I would like to discuss the NHS Right to Choose option for my referral, if available to me.

Thank you,

Name: _____ Date of birth: _____

NHS number (if known): _____

Week 1 journal

A minute a day. Circle 1 (hard) to 5 (great) and note one example — real evidence for your assessment. Week starting: _____

Day	Focus	Mood	Sleep	One example or win
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

This week: what was hardest, and what helped?

Week 2 journal

Week starting: _____

Day	Focus	Mood	Sleep	One example or win
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

This week: what was hardest, and what helped?

Week 3 journal

Week starting: _____

Day	Focus	Mood	Sleep	One example or win
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

This week: what was hardest, and what helped?

Week 4 journal

Week starting: _____

Day	Focus	Mood	Sleep	One example or win
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

This week: what was hardest, and what helped?

Week 5 journal

Week starting: _____

Day	Focus	Mood	Sleep	One example or win
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

This week: what was hardest, and what helped?

Week 6 journal

Week starting: _____

Day	Focus	Mood	Sleep	One example or win
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

This week: what was hardest, and what helped?

Week 7 journal

Week starting: _____

Day	Focus	Mood	Sleep	One example or win
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

This week: what was hardest, and what helped?

Week 8 journal

Week starting: _____

Day	Focus	Mood	Sleep	One example or win
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

This week: what was hardest, and what helped?

Where this comes from

NICE guideline NG87: ADHD — diagnosis and management. [nice.org.uk/guidance/ng87](https://www.nice.org.uk/guidance/ng87)

NHS: Attention deficit hyperactivity disorder (ADHD).

[nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd](https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd)

WHO Adult ADHD Self-Report Scale (ASRS v1.1). hcp.med.harvard.edu/ncs/asrs.php

WHO ICD-11, 6A05 Attention deficit hyperactivity disorder. icd.who.int

NHS: Find a GP. [nhs.uk/service-search/find-a-gp](https://www.nhs.uk/service-search/find-a-gp)

This workbook is for preparation only. It does not diagnose ADHD, replace a clinician, or make a referral.