

# Worksheet 1: Communication Accommodations for ADHD Women

**Objective:** To help you identify and implement accommodations that support your unique communication needs.

## Part 1: Understanding Accommodations

Accommodations are adjustments that make communication easier and more effective for you. These can include modifying your environment, using tools, or advocating for your needs in conversations.

### Examples of accommodations:

- Asking for written information instead of verbal instructions.
- Taking breaks during long conversations.
- Choosing a quiet setting for important discussions.
- Using a recording tool to review important details later.

## Part 2: Identifying Your Needs

### 1. What communication challenges do you experience the most? *(Check all that apply.)*

- Processing information too slowly
- Forgetting details from conversations
- Struggling to focus in noisy environments
- Feeling overwhelmed when multiple people are speaking
- Needing extra time to respond to questions
- Sensory sensitivities (e.g., bright lights, loud noises)
- Other: \_\_\_\_\_

### 2. Would any accommodations help you manage these challenges?

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### Reflection:

What is one accommodation you can start using this week?

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# Worksheet 2: Self-Advocacy in Communication

**Objective:** To develop self-advocacy skills to express your communication needs confidently.

## Part 1: What is Self-Advocacy?

Self-advocacy means speaking up for your needs and ensuring that your communication style is respected. It involves:

- ✓ Expressing when you need clarification.
- ✓ Asking for accommodations without guilt.
- ✓ Setting boundaries to protect your energy and focus.

## Part 2: Identifying Your Needs

1. What makes communication difficult for you? *(Write at least three challenges.)*

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2. What is one way you can advocate for yourself in each situation below?

Situation	How Can You Advocate for Yourself?
Someone interrupts you before you finish speaking.	_____
You are overwhelmed by too much information at once.	_____
A friend doesn't respect your need for processing time.	_____
You're expected to make eye contact when it feels uncomfortable.	_____

### Part 3: Practicing Self-Advocacy

Rewrite the following passive or unclear statements as strong, self-advocating responses.


1. **Passive:** "I guess it's fine if we talk now, even though I'm really tired."  
**Assertive:** \_\_\_\_\_
2. **Passive:** "I'm probably overreacting, but I get overwhelmed when too many people talk at once."  
**Assertive:** \_\_\_\_\_
3. **Passive:** "I don't know, I just have trouble understanding things sometimes."  
**Assertive:** \_\_\_\_\_

### Part 4: Creating Your Own Self-Advocacy Script

Write a script for how you would express a communication need to someone in your life.

Example:

*"I process information better when I can take notes. Would it be okay if I wrote things down while we talk?"*

 Your script: \_\_\_\_\_

### Reflection:

What is one way you can practice self-advocacy this week?

# Worksheet 3: Identifying Communication Strengths & Challenges

**Objective:** To help you recognize your unique communication strengths and areas for growth.

## Part 1: Self-Reflection on Communication

Answer the following questions:

**What do you enjoy about communication?:**

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**What is most challenging about communication for you?**

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**When do you feel most comfortable expressing yourself?:**

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## Part 2: Strengths & Challenges Checklist

Check the statements that apply to you.

### ✓ My Communication Strengths:

- I am good at explaining my thoughts when given time.
- I can express myself well through writing.
- I enjoy deep, meaningful conversations.
- I am good at listening when there are minimal distractions.
- I can pick up on emotions in tone of voice.
- Other: \_\_\_\_\_

### ✗ My Communication Challenges:

- I struggle with verbalizing my thoughts quickly.

- I have difficulty interpreting sarcasm or implied meanings.
- I forget details from conversations.
- I get overwhelmed when multiple people talk at once.
- I interrupt when excited or afraid of forgetting my point.
- Other: \_\_\_\_\_

### Part 3: Reflection

What is one strength you can lean on to help with your challenges?

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## Worksheet 4: Navigating Social Situations with ADHD

**Objective:** To develop strategies for handling social situations that may feel overwhelming.

### Part 1: Identifying Social Stressors

Which social situations are difficult for you? *(Check all that apply.)*

- Meeting new people
- Large group conversations
- Talking on the phone
- Making small talk
- Giving presentations
- Social events with lots of noise and distractions
- Other: \_\_\_\_\_

### Part 2: Coping Strategies

Match each **social challenge** to a **helpful strategy** by drawing a line between them.

<b>Social Challenge</b>	<b>Helpful Strategy</b>
Feeling overwhelmed in a noisy group	Find a quieter area or take breaks
Struggling to start a conversation	Prepare a few open-ended questions
Forgetting what to say mid-sentence	Pause and take a deep breath
Getting distracted while someone talks	Repeat key points in your head
Feeling pressure to make eye contact	Focus on a neutral point near their face

### **Part 3: Action Plan**

Write one strategy you can try at your next social event:

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# Worksheet 5: The Double Empathy Problem & Communication Misunderstandings

**Objective:** To understand how mutual misunderstandings happen between neurodivergent and neurotypical individuals.

## Part 1: Understanding the Concept

The **Double Empathy Problem** suggests that communication difficulties between neurodivergent and neurotypical people happen because **both sides** misunderstand each other—not just because of the neurodivergent person.

Think about a time when someone misunderstood your communication.

1. **What happened?**

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2. **How did you feel?**

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3. **How did the other person react?**

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## Part 2: Identifying Communication Differences

Match the neurodivergent communication style with the common neurotypical misinterpretation.

Neurodivergent Communication	Common Misinterpretation
Talking about a special interest for a long time	Being "self-centered"
Needing time to process before responding	Being "uninterested" or "aloof"
Avoiding eye contact	Being "dishonest" or "shy"
Speaking honestly and directly	Being "rude"
Struggling with small talk	Being "unfriendly"

### Part 3: Bridging the Gap

How can you **help others understand your communication style?** *(Write at least one idea.)*

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# Worksheet 6: Setting Boundaries in Communication

**Objective:** To develop skills for setting healthy boundaries in conversations.

## Part 1: What Are Communication Boundaries?

Boundaries help protect your energy, time, and mental well-being. Examples of **healthy communication boundaries** include:

- Asking someone to slow down when they talk too fast.
- Saying “I need a break” when a conversation becomes overwhelming.
- Letting someone know when you prefer written communication over verbal.

Which of these **boundaries would be helpful for you?** *(Check all that apply.)*

- Asking for time to process before responding
- Requesting a quieter setting for important discussions
- Limiting conversation length when feeling overstimulated
- Avoiding certain conversation topics that cause stress
- Other: \_\_\_\_\_

## Part 2: Boundary Scripts

**Rewrite the following unclear boundary statements to make them clearer and more assertive.**

1. **Unclear:** "I don't really like loud places, but I guess I can go."

**Assertive:** \_\_\_\_\_

2. **Unclear:** "I'm kind of tired, so maybe we can talk later?"

**Assertive:** \_\_\_\_\_

3. **Unclear:** "I don't like when people interrupt me, but it's fine."

**Assertive:** \_\_\_\_\_

## Part 3: Your Personal Boundaries

Write down one boundary you want to start setting in conversations:

\_\_\_\_\_

# Worksheet 7: Managing Sensory Overload in Conversations

**Objective:** To develop strategies for handling sensory sensitivities that impact communication.

## Part 1: Identifying Sensory Triggers

Which of the following **sensory experiences** make communication harder for you? *(Check all that apply.)*

- Bright lights
- Loud background noise
- Multiple people talking at once
- Strong smells (perfume, food, cleaning products)
- Physical touch (crowds, handshakes, hugs)
- Uncomfortable clothing (tags, textures, tightness)
- Other: \_\_\_\_\_

## Part 2: Coping Strategies

Match the **sensory challenge** to a **possible coping strategy** by drawing a line between them.

Sensory Challenge	Coping Strategy
Loud environments	Use noise-canceling headphones or earplugs
Bright lights	Wear tinted glasses or adjust lighting
Overwhelmed in a crowd	Step outside or take sensory breaks
Too many people talking	Focus on one speaker or use written notes
Strong smells distracting you	Carry a calming scent (like essential oils)

## Part 3: Creating a Sensory Plan

Write one action you will take the next time you face sensory overload:

1. \_\_\_\_\_



# Worksheet 10: Communicating Needs Without Guilt

**Objective:** To help you express your needs confidently and without self-doubt.

## Part 1: Recognizing Unhelpful Thoughts

Check any thoughts you've had when trying to ask for what you need:

- "I don't want to be a burden."
- "People will think I'm difficult if I ask for accommodations."
- "I should be able to handle this on my own."
- "What if they say no?"
- "I feel guilty for needing extra help."

## Part 2: Reframing These Thoughts

Rewrite the **self-doubting thought** as a **self-affirming belief**.

**Self-Doubt:** "I don't want to be a burden."

**SelfAffirmation**

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**Self-Doubt:** "People will think I'm difficult if I ask for accommodations."

**SelfAffirmation**

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**Self-Doubt:** "I should be able to handle this on my own."

**Self-Affirmation:**

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## Part 3: Practicing Self-Advocacy Statements

Fill in the blanks with assertive ways to communicate your needs.

1. "I work best when \_\_\_\_\_. Would it be possible to adjust that?"
2. "I need a little more time to process this. Could we slow down or take a break?"
3. "I prefer \_\_\_\_\_ when communicating. Could we do that instead?"

## Reflection

What is one need you will confidently express this week?

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