

MOMENTS THAT CAN INTENSIFY

ADHD RAGE



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

**Being interrupted
mid-focus**

2

**Repeatedly explaining
myself**

3

Time pressure and rushing

4

A dismissive comment

5

Sensory overload

6

**Years of frustration
stacking up**

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER