

MOMENTS THAT CAN INTENSIFY

THE ADHD SHAME SPIRAL



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

1

A forgotten commitment

2

Another late arrival

3

A small mistake at work

4

Hearing “just try harder”

5

Comparing with others

6

**Remembering past
criticism**

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER