











ADHD Burnout Prevention Self-evaluation 'Check-In'

Date: _____





Use this check-in regularly. Traffic light' each question, marking whether your 'level' is:





- **Green** (OK)
- **Amber** (Watch out)
- **Red** (Needs attention)





		Cognitive Load	OK	Watch	Act
1		Am I finding it harder than usual to start tasks, even ones I normally enjoy?	Green	Amber	Red
2		Is my working memory feeling 'full' — losing things, forgetting mid-sentence?	Green	Amber	Red
3		Am I making more errors or struggling to concentrate even in low-distraction environments?	Green	Amber	Red

		Energy & Motivation	OK	Watch	Act
4		Have I lost the ability to hyperfocus on things that usually absorb me?	Green	Amber	Red
5		Does everything feel like it requires enormous effort, even small decisions?	Green	Amber	Red
6		Am I relying more on caffeine, stimulants, or screens just to function?	Green	Amber	Red

		Masking & Social Effort	OK	Watch	Act
7		How much energy am I spending pretending to be 'on top of it' at work?	Green	Amber	Red
8		Am I avoiding calls, meetings, or conversations because social performance feels too costly?	Green	Amber	Red
9		Do I feel like I am acting a role rather than just being myself?	Green	Amber	Red




		Emotional Regulation	OK	Watch	Act
10		Am I experiencing more rejection sensitivity than usual — taking feedback very hard?	Green	Amber	Red
11		Are my emotions feeling bigger, quicker, or harder to manage?	Green	Amber	Red
12		Am I snapping, withdrawing, or feeling disproportionately overwhelmed?	Green	Amber	Red

		Routine & Structure	OK	Watch	Act
13		Has my routine collapsed — skipping meals, disrupted sleep, irregular medication?	Green	Amber	Red
14		Are basic self-care tasks (showering, eating, replying to messages) piling up?	Green	Amber	Red
15		Am I in avoidance mode — procrastinating on things that have real consequences?	Green	Amber	Red




		Sense of Self	OK	Watch	Act
16		Do I feel like a failure or fraud more than usual?	Green	Amber	Red
17		Has my internal narrative become very self-critical?	Green	Amber	Red
18		Have I stopped doing things that usually bring me joy or calm?	Green	Amber	Red

Consider the benefit of sharing your answers with a trusted person for accountability and to see if you have missed anything.

Once you have confirmed your answers, add up the total for each colour, record below:

 Green :	 Amber :	 Red :
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How to Read Your Results

 Green — Keep going	 Amber — Take action	 Red — Seek support
0–2 categories showing strain. Continue current strategies and maintain check-in routine.	3–4 categories showing strain. Reduce workload, talk to manager / coach, activate energy management plan.	5–6 categories showing strain. Prioritise rest, contact your support network and consider professional help.

