Pause, Reset, Check Back

ADHD-adapted pause plan | Guide and example

Who this is for

For adults who find a short phrase, visible cue or reminder easier to use.

What this helps with

Choose a cue; rehearse one phrase; remember to check back.

Why this can help

Putting the plan where you can see it reduces reliance on memory. A chosen reminder can support returning to the issue without forcing an unsafe restart.

How to use this worksheet

1. Make this plan when calm. Choose one cue and one reset activity, then rehearse the phrase.

2. Set a reminder if it helps. A reminder means "check whether we can talk", not "restart whatever happens".

3. After trying it, use the review prompts. Change any cue or reminder that adds pressure.

Guided example - fictional

Cue: A small "PAUSE" card beside my screen.

Phrase: "I need a break. I will check back with you at 7.30."

Reset: Move to a quieter room and stretch gently.

Reminder: One phone alarm labelled "Check back calmly".

If I need longer: "I am still too wound up. Can we check again at 8?"

Optional next step: Keep your cue or script somewhere easy to find.

Original educational tool informed by NHS anger advice and NICE ADHD guidance.
Sources: nhs.uk (Get help with anger); nice.org.uk/guidance/ng87. Checked 6 Nov 2026.

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ADHD-adapted pause plan | Your turn

Use one event or practice attempt. A few words are enough; leave out identifying details.

My visible cue, and where I will put it:

My short pause phrase:

One safe place / reset activity:

My check-back time, and chosen reminder:

If I need longer, I can say:

The one issue to return to:

Reflect and choose your next step

Was the cue easy to notice?

Did the reminder help me check back?

One change to try next time:

Use a pause to support safety, not to punish or control. Do not force a conversation if anyone feels unsafe. Threats, violence or intimidation need specialist support. If this feels too much or anger is causing harm, speak with your GP or therapist. If anyone is in immediate danger, call 999.

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