My Three-Line Conversation Script

ADHD-adapted communication worksheet | Guide and example

Who this is for

For adults who prefer a short script and a written record of the next step.

What this helps with

Keep to one concern; prepare three short lines; record the agreement.

Why this can help

Preparing a brief script can reduce the effort of finding words in the moment. A written next step supports memory and follow-through.

How to use this worksheet

1. Use when settled enough to talk. Choose one concern and write just a sentence for each of the three lines.

2. Read it aloud, use it as a prompt or send a message if that is appropriate and safe.

3. Record the agreement or the next step. Review whether the script helped you express what mattered.

Guided example - fictional

1. What happened: "The meeting time changed without a message."
2. How it affected me: "I felt frustrated and had to rearrange my work."
3. What I am asking for: "Please message me as soon as you know the time may change."

Agreement / reminder: A brief message before changes; check at our next planning meeting.

Repair, if needed: "I shouted. I am sorry. I will explain this without shouting."

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 communication worksheet | Your turn

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

1. What happened...

2. How it affected me...

3. What I am asking for...

Our agreement or next step: who, what and when?

A useful reminder, if I want one:

If I caused hurt, my repair action:

Reflect and choose your next step

Did three lines help me stay with one concern?

What would make this easier to use?

One follow-up or small change:

A clear request cannot guarantee a response. You do not have to confront someone who frightens or controls you. Seek support; their behaviour is not your responsibility. 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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