Worksheet 3: Identifying Communication Strengths & Challenges

Objective: To help you recognize your unique communication strengths and areas for growth.

Part 1: Self-Reflection on Communication

Answer the following questions:

What do you enjoy about communication?:

_____

_____

_____

_____

What is most challenging about communication for you?

_____

_____

_____

_____

When do you feel most comfortable expressing yourself?:

_____

_____

_____

_____

_____

Part 2: Strengths & Challenges Checklist

Check the statements that apply to you.

✓ **My Communication Strengths:**

- ☐ I am good at explaining my thoughts when given time.
- ☐ I can express myself well through writing.
- ☐ I enjoy deep, meaningful conversations.
- ☐ I am good at listening when there are minimal distractions.
- ☐ I can pick up on emotions in tone of voice.
- ☐ Other: _____

❌ **My Communication Challenges:**

- ☐ I struggle with verbalizing my thoughts quickly.

- [ ] I have difficulty interpreting sarcasm or implied meanings.
- [ ] I forget details from conversations.
- [ ] I get overwhelmed when multiple people talk at once.
- [ ] I interrupt when excited or afraid of forgetting my point.
- [ ] Other: _____

Part 3: Reflection

What is one strength you can lean on to help with your challenges?

_____
_____
_____
_____

Worksheet 4: Navigating Social Situations with ADHD

Objective: To develop strategies for handling social situations that may feel overwhelming.

Part 1: Identifying Social Stressors

Which social situations are difficult for you? *(Check all that apply.)*

- [ ] Meeting new people
- [ ] Large group conversations
- [ ] Talking on the phone
- [ ] Making small talk
- [ ] Giving presentations
- [ ] Social events with lots of noise and distractions
- [ ] Other: _____

Part 2: Coping Strategies

Match each **social challenge** to a **helpful strategy** by drawing a line between them.

Social Challenge	Helpful Strategy
Feeling overwhelmed in a noisy group	Find a quieter area or take breaks
Struggling to start a conversation	Prepare a few open-ended questions
Forgetting what to say mid-sentence	Pause and take a deep breath
Getting distracted while someone talks	Repeat key points in your head
Feeling pressure to make eye contact	Focus on a neutral point near their face

Part 3: Action Plan

Write one strategy you can try at your next social event:

_____

_____