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🫙 Build Your Self-Trust Jar

A Micro-Practice for ADHD Women Who Are Reclaiming Their Inner Authority

💬 Why Self-Trust Matters

ADHD women are often taught to doubt themselves.
You learn to rely on outside validation.
You learn to please others.
You learn to perform to feel worthy.

Over time, this chips away at your ability to trust your own judgment.

🔁 What Helps Instead

To rebuild self-trust, you have to do the opposite:

- Set boundaries.
- Honor your limits.
- Choose rest instead of pushing.
- Ask for what you need.
- Speak to yourself with kindness.



🛠️ What Is a Self-Trust Jar?

A **Self-Trust Jar** is a place where you collect *proof* that you backed yourself—whether or not anyone else saw it.

You can use:

- A jar or box
- A notebook or index cards
- A notes app
- Voice memos

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Each time you:

- Chose your needs over perfection
- Said no when it felt hard
- Didn't abandon yourself to please someone
- Spoke up or softened your self-talk



Write one sentence.
Drop it in the jar.
Done.

✅ Why It Works

- You build a visual record that **you can trust yourself**
- You reinforce small moments of **integrity and inner alignment**
- It's fast, flexible, and ADHD-friendly

📅 Try It This Week

Write down **one self-honoring choice per day**.
Use paper, voice, or your notes app.

At the end of the week, read them back.
You'll see what your brain forgets:
You didn't abandon yourself. Not this time. Not anymore.

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Examples of Things that Belong in the Self Trust Jar

🌱 Boundaries + Needs

- "I told my friend I couldn't text back today because I needed silence to regulate."
- "I paused mid-conversation to say, 'That topic feels too much for me right now.'"
- "I asked my partner to take over dinner when I felt shutdown-y from sensory fatigue."
- "I walked away from a conversation when my heart started racing instead of overriding it."
- "I rescheduled a client session when my migraine signs started instead of pushing through."

💤 Rest + Energy Sovereignty

- "I set a 15-minute timer and let myself lie down—even though the dishes were visible."
- "I turned off the group Zoom camera and stimmed with my hands under the desk."
- "I skipped journaling because my body said 'movement first.'"
- "I chose to do a task in bed because upright felt too much—and that counted."
- "I delayed replying to a message until I felt emotionally regulated."



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Examples of Things that Belong in the Self Trust Jar

🗣️ Self-Advocacy + Voice

- "I corrected someone when they interrupted me—even though I usually let it go."
- "I told a friend, 'I want to connect, but I can't do loud right now.'"
- "I asked my doctor to explain something again instead of pretending I understood."
- "I used a script I wrote for myself to say no without overexplaining."

💬 Compassionate Self-Talk

- "I caught the 'you're a mess' thought and reframed it as 'you're in process.'"
- "I forgot a birthday, and instead of spiraling, I said, 'This doesn't make me a bad friend.'"
- "I celebrated how I *started* the task, not how I finished it."
- "I said to myself, 'It's okay to want things to be easier.'"

✨ Neurodivergent Autonomy

- "I stimmed with my sleeve cuff at dinner instead of fidgeting under the table."
- "I wore my noise-canceling headphones at the store and didn't apologize for it."
- "I left the lights off all day because brightness felt unbearable—and called that success."
- "I ate only toast and applesauce because it was what I *could* eat that day."
- "I let my body lead instead of forcing myself into a plan that no longer fit."

