PACK 2

The Decisions

The two decisions that arrive whether or not you're ready.

Before You Decide CHAPTER 9

The Disclosure Page CHAPTER 10

The Four Scripts CHAPTER 10

Print what you need and leave the rest. These pages are free, there is nothing to sign up for, and nothing here expires. Each sheet reproduces the instrument from the chapter named beside it — if a page differs from the book, the book is right and this is a mistake worth telling me about.

THE MEDICATION FRAMEWORK

Before You Decide

Four questions. Answer them in writing, because vague hopes can't be evaluated later.

DATE FILLED IN _____

What am I hoping changes?

Name one or two things, concretely. Not "focus better" — finish work inside working hours, or stop losing the thread mid-conversation with my kids.

What would count as this working?

Decide the evidence now, before you have a stake in the answer.

What would count as it not working. Or not being worth it?

Include the version of yourself you don't want to become.

When will I review this, and with whom?

A date and a person.

If your honest answer to the first question is I don't know yet, then the correct decision this week is not yes and not no. It's not yet, said out loud to your prescriber, which is a real answer and a common one.

ONE ROW PER PERSON

The Disclosure Page

One row per person you're weighing. Do this on paper, not in your head, because in your head all four decisions blur into one large dread.

WHO	WHAT I WANT FROM THIS	CAN I UNDO IT?	MY ONE LINE

If the second column says to be understood, that person is probably not your employer: that's a partner or a close friend conversation, and asking work for it will disappoint you.

If the third column says no, slow down. Not stop. Slow down, and be clear about what you're purchasing with it.

And the fourth column is one sentence long. If yours runs to a paragraph, it's a speech, and speeches invite debate.

VERBATIM FROM THE BOOK

The Four Scripts

Use them as a shape, not a script to read aloud. Short. Specific. No history, no apology, no diagnosis narrative.

> FOR A MANAGER — IN WRITING, BECAUSE WRITING CREATES A RECORD
>
> *“I want to flag something and propose a couple of practical changes. I’ve recently been diagnosed with ADHD. It mainly affects how I handle verbal instructions and competing deadlines. Two things would make a real difference: getting task briefs in writing rather than only verbally, and agreeing priorities with you at the start of the week rather than as things arrive. I’d like to try these for a couple of months and see how it goes. Happy to discuss.”*

> FOR A PARTNER
>
> *“I want to tell you what this means, and then I want to know what you think, not right now, after you’ve had a chance to sit with it. It’s not an excuse for anything and it doesn’t rewrite our arguments. It’s an explanation for a pattern, and it comes with things I can do about it. There’s a page I’d like you to read. Then can we talk properly?”*

> FOR A PARENT — AIMED AT INFORMATION, NOT ACKNOWLEDGMENT
>
> *“I’ve been diagnosed with ADHD. I’m telling you because it explains a lot about my childhood that neither of us understood at the time — school, the reports, all of it. I’m not asking you for anything. I just didn’t want you to hear it from someone else.”*

> WHEN SOMEONE SAYS “SO THAT’S YOUR EXCUSE NOW”
>
> *“It’s not an excuse and I’m not asking you to accept anything you shouldn’t have to. It’s an explanation, and explanations come with things I can actually do. Nothing about what I owe you has changed.”*

Then stop talking. Do not produce evidence, do not list your worst years, and do not argue for your diagnosis.