

r/SheHasADHD_



Brain Dump → Done

For the days your brain has 47 tabs
open and not one will load.

A gentle 4-step reset that works *with* your
ADHD brain, not against it. No shame, just one
tiny step. 🧡

made with love for the r/SheHasADHD_ community

BEFORE YOU START, THE TRUTH

You are not lazy.

You've probably been told to "just focus," "just start," "just try harder." But your brain isn't broken and it isn't lazy. It just runs on a different operating system. It moves on **interest and urgency**, not on importance. That's not a flaw in you. It's how ADHD works.

When everything's swirling, your working memory is *full*, so nothing can move. That's the paralysis. This little method fixes that in two moves. First we **empty your head onto the page**, then we **shrink the mountain** down to one step small enough that you can actually begin.

1 Dump it all

Write down every single thing swirling around. No order, no judgement, no full sentences. **Getting it out of your head is the relief.**

2 Star ONE

Not the most important one. The one that would feel best to have *done*. **You can't do it all today, and you don't have to.**

3 Shrink it

What's the tiniest first step? Not "do taxes." More like "open the folder." **Small enough to feel almost silly.**


4 Just start

Set a timer for 5 minutes and begin. **You're allowed to stop after that. Starting was the whole win.**

Remember: everything you don't pick isn't gone. It gets *parked*, safe and saved, waiting for a day with more fuel. Nothing is lost. You're allowed to do one thing at a time.


WHEN EVERYTHING IS SWIRLING

Let's empty your head.


 **BRAIN DUMP** get it ALL out. You can't lose what's on paper.

 **MY ONE THING**

 **TINIEST FIRST STEP**

 **PARKED FOR LATER** not forgotten, just not today

I started my one thing.

That's it. That's the whole win. 

You won.

Whether you did the whole thing or just the first two minutes, you moved. On an ADHD brain, starting *is* the achievement. Come back to these on the days the swirl feels louder than you do:



I am not lazy. My brain just runs on a different operating system.



Starting is the hard part, so starting is enough.



A parked task is not a failed task. It's just not today's.



My worth was never my to-do list.



I've gotten through every hard day so far. I'll get through this one too.

You don't have to do this alone.

Come find women who get it. Brains-first, shame-free. [r/SheHasADHD_](#)