

Journaling Prompts

For self-awareness and to build a deep connection with your true authentic self



Why is journaling helpful for ADHDers?

Journaling can be a powerful tool for understanding ADHD because it creates space to slow down, notice patterns, and reconnect with your authentic self beneath years of masking, coping, and self-criticism. Many people with ADHD grow up trying to fit into neurotypical expectations, pushing themselves to be more organised, consistent, productive, emotionally regulated, or "not too much." Over time, this can create chronic stress, overwhelm, shame, and disconnection from who they really are.

Through journaling, you begin to observe your inner world with curiosity instead of judgment. You can identify what genuinely supports your nervous system, what drains you, what triggers overwhelm, and where you may be abandoning your needs in order to meet external expectations. It helps uncover patterns such as people-pleasing, perfectionism, burnout cycles, emotional suppression, and masking, all of which can intensify ADHD symptoms and struggles.

Journaling also strengthens self-awareness, which is one of the most important tools for managing ADHD wellbeing. By reflecting regularly, you can better recognise your energy rhythms, emotional triggers, sensory needs, motivation patterns, and natural ways of functioning. This allows you to build a life that works with your brain rather than against it.

Most importantly, journaling can support authenticity. When you stop trying to force yourself into roles, routines, or standards that were never designed for you, there is often less internal conflict, less shame, and less nervous system overload.

Living more authentically as a neurodivergent person can reduce exhaustion, improve emotional regulation, increase self-trust, and create more sustainable ways of living. Journaling is not about "fixing" ADHD, it is about understanding yourself more deeply, honouring your needs, and creating compassionate awareness around how your brain and nervous system truly work.

How to journal

The first thing to do is to get excited about your journaling adventure!

- Get yourself a nice new notepad and pen (not that us ADHDers ever need an excuse for a new note pad!)
- Find a place that is in your eye sight to put your journal as a reminder to do it every day. Beside your bed is a great place! Creating the new habit is one of the most important things about starting journaling.
- Write regularly - the aim is to do some every day, even just a few minutes
- Let go of perfection - your spelling, grammar and handwriting doesn't have to be perfect, you just need to get pen to paper!
- Keep it simple - don't overcomplicate things.
- Try to focus on the emotions. Rather than just writing about what happened, try to connect with what you were feeling.
- You can just free write, or you can choose one or two of the journaling prompts in here. Be as descriptive as possible with your answers.
- The prompts are broken down into categories to give you an idea of what the focus is.

Tick the box when you have used the prompt

A couple of suggestions...

- Each prompt has a small box beside so you know if you have used the prompt already.



You could put a star beside the prompts that you really liked or elicited a lot of answers as a reminder to use the prompt again.

Enjoy!

Neurodivergent Identity Prompts

- What does being neurodivergent mean to me personally?
- How has my understanding of myself changed since learning about ADHD?
- Which traits of mine make more sense through a neurodivergent lens?
- What parts of myself have I judged unfairly because I believed they were "wrong"?
- Which of my struggles are actually signs of unmet needs rather than personal failure?
- What strengths, creativity, sensitivities, or insights come from the way my brain works?
- When do I feel most connected to my natural way of thinking and being?
- What would it mean to stop viewing my brain as a problem to solve?
- How much of my identity has been shaped by trying to compensate for ADHD?
- What labels or stories about myself am I ready to question?
- Where am I trying to function like a neurotypical person instead of supporting my actual needs?
- Which expectations in my life were never designed for someone like me?
- What systems or routines genuinely work for my brain – even if they look unconventional?
- Where have I internalised the belief that I am "too much" or "not enough"?
- What parts of my ADHD identity deserve more compassion?
- What would self-trust look like for me as a neurodivergent person?
- What does "success" look like when I define it for myself?
- Where am I measuring myself against standards that harm me?

Authenticity & Un-masking

Prompts

- What does Masking mean to me?
- Where do I feel like I am over-compensating?
- What situations do I feel like I am "performing" instead of expressing myself honestly?
- What parts of myself feel "edited" around other people?
- Where do I take responsibility that isn't actually mine?
- Which version of myself feels the most alive and natural?
- Where do I feel most free to be fully myself?
- What parts of my ADHD have I been taught to hide?
- What would it mean to honour my brain instead of fighting it?
- Where am I abandoning myself in order to belong/ feel accepted?
- What am I pretending not to need?
- What behaviours do I hide to appear more acceptable to others?
- How much energy do I spend monitoring myself around other people?
- What happens to my mental and emotional wellbeing when I mask for too long?
- What would I do differently if I felt no pressure to appear neurotypical?
- Where did I first learn that parts of me needed to be hidden?
- Which parts of masking feel protective, and which feel harmful?
- What am I afraid would happen if people saw the real me?
- How do I know when I am acting from authenticity versus survival?
- Which environments allow me to unmask more naturally?

People pleasing & Expectations

Prompts

- What does people-pleasing look like in my life?
- When do I notice myself prioritising other people's comfort over my own wellbeing?
- What expectations do I keep trying to meet that leave me exhausted?
- Who taught me that being myself was unsafe or unacceptable?
- What roles do I automatically fall into around others?
- What would happen if I disappointed people more often?
- Where am I overexplaining, overcompensating, or overperforming?
- What am I afraid people would think if I stopped masking?
- Where am I saying "yes" when my body is asking for "no"?
- Which relationships allow me to feel regulated rather than drained?
- What boundaries would support a more authentic version of me?
- What situations trigger my urge to overexplain, overperform, or overgive?
- How do I feel when someone is disappointed in me?
- What am I afraid would happen if I said no more often?
- Where did I first learn that being liked or accepted was important for safety?
- What roles do I automatically step into around others?
- How much of my identity has been built around being useful, capable, or accommodating?
- When do I ignore my own needs to avoid conflict or rejection?
- What emotions do I struggle to tolerate in other people?
- Where could I start saying No?

Overwhelm & Emotional Load

Prompts

- What is currently overwhelming me and what is actually essential?
- Which parts of my overwhelm come from trying to do life "the normal way"?
- What expectations am I carrying that were never truly mine?
- What am I trying to keep up with, and why?
- Where am I operating beyond my nervous system's capacity?
- What happens in my body when I start to feel overwhelmed?
- What am I afraid will happen if I slow down?
- Which tasks feel emotionally heavier than they appear on the surface?
- What invisible mental load am I carrying right now?
- Where am I trying to prove my worth through productivity?
- What responsibilities feel misaligned with who I really am?
- What would it look like to support myself before I reach crisis point?
- Which environments amplify my overwhelm?
- What sensory inputs am I tolerating instead of addressing?
- What can I simplify, soften, postpone, delegate, or let go of?
- Where am I expecting myself to function like a machine rather than a human?
- What would "enough" look like today?
- What would change if I stopped measuring myself by output?
- What does my overwhelmed self most need to hear?
- Where am I overriding my own limits to avoid disappointing others?
- What pressures increase when I compare myself to neurotypical people?
- Which parts of my life consistently drain me faster than they replenish me?
- What tasks create paralysis rather than progress?
- When do I feel most mentally cluttered or overstimulated?
- What helps me return to myself when everything feels too much?

Burnout & Nervous System Awareness

Prompts

- What signs do I tend to ignore before burnout hits?
- Where am I forcing consistency instead of working with my natural rhythms?
- Which situations create chronic overstimulation or overwhelm?
- What helps my nervous system feel safe?
- What would rest look like if I didn't have to "earn" it?
- Which responsibilities genuinely matter to me and which are inherited pressure?
- Where am I using shame as motivation?
- What pace of life actually feels sustainable for me?
- What sensory, emotional, social and rest needs have I been ignoring?
- What would it feel like to honour my energy instead of fighting it?
- What would a compassionate day look like for my brain and body?
- What would a life designed around my actual capacity look like?
- What am I holding onto because I feel I "should" be able to handle it?
- How does my nervous system respond when I try to force myself into neurotypical standards?
- What does burnout feel like emotionally, mentally, and physically for me?
- What signs tell me I am disconnected from myself?
- How often do I override my own needs to keep functioning?
- What environments help me feel calm, safe, and regulated?
- What does true rest look like for my brain?
- What would it feel like to live in a way that supports my nervous system instead of constantly activating it?

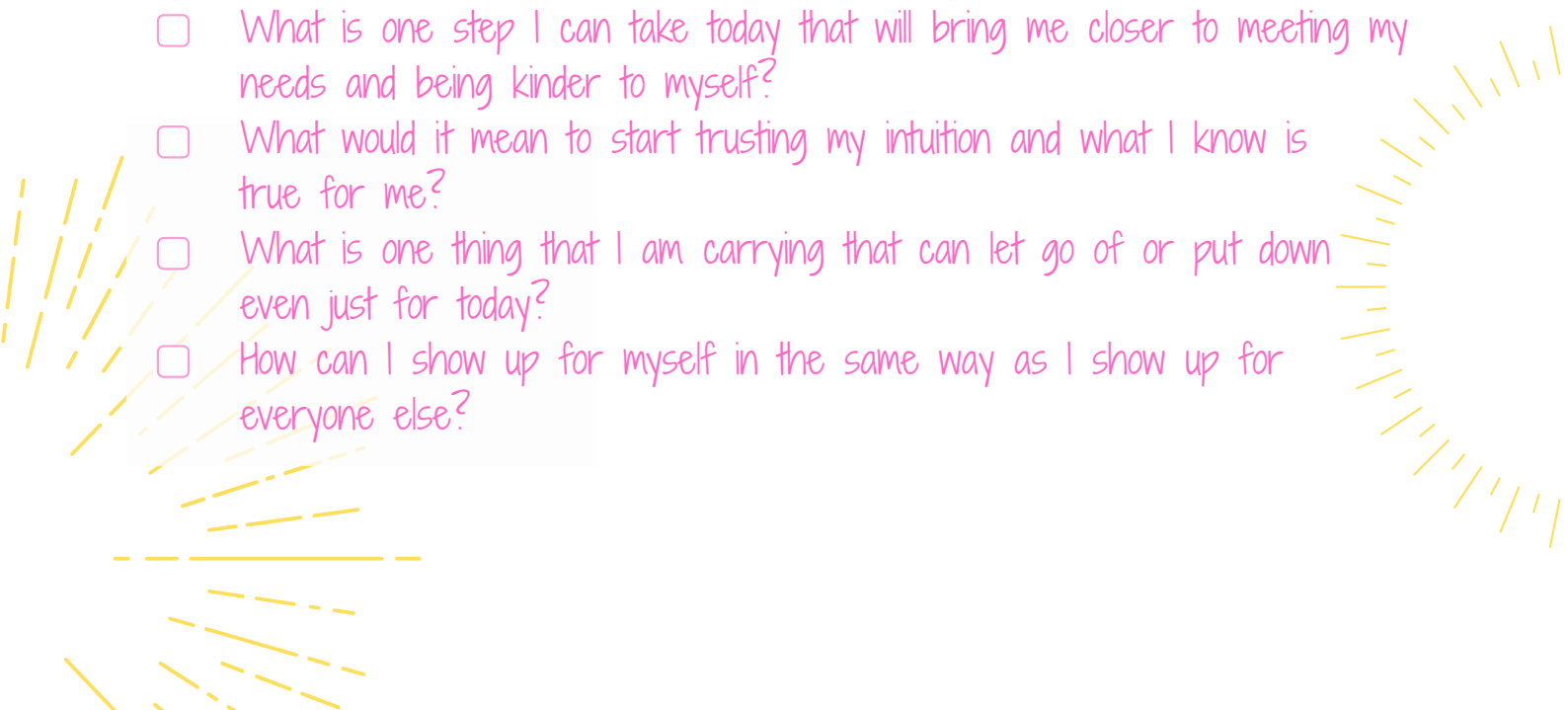
Connecting with Intuition

Prompts

- When do I feel most connected to myself?
- What does my intuition feel like in my body?
- How does my inner knowing communicate with me?
- When have I ignored my intuition – and why?
- What happens when I override what I know deep down?
- What truths have I been trying not to acknowledge?
- What am I pretending not to know?
- What feelings or instincts keep returning for my attention?
- What parts of me already know the answer I am searching for?
- What would happen if I trusted myself more deeply?
- How often do I look outside myself for permission or validation?
- What experiences have disconnected me from trusting my own instincts?
- What does self-trust look like in everyday life?
- When have I felt fully aligned with a decision?
- What signs tell me something is right for me?
- What signs tell me something is misaligned?
- What does my body already know that my mind keeps questioning?
- What would I pursue if I trusted my inner knowing completely?
- How do I know when I am making choices from fear rather than truth?
- If fear had a voice, what would it be saying?
- If intuition had a voice, what would it be saying?
- How can I create more quiet space to hear myself clearly?
- If I stopped overthinking, what answer already exists within me?
- What is one small way I can honour my intuition today?



Gentle Self-Compassion Prompts

- If my overwhelm was trying to protect me, what might it be saying?
 - What would I say to someone I love who felt the way I do right now?
 - What parts of myself deserve more softness and less criticism?
 - Where can I replace pressure with permission?
 - What is one small thing I can do to support myself today?
 - What am I carrying that was never meant to be carried alone?
 - How can I honour my needs without guilt?
 - What would self-kindness look like in this moment?
 - What if overwhelm is not failure, but information?
 - What would it mean to trust that my needs are valid?
 - What would compassion sound like in place of self-criticism?
 - What am I still trying to prove – and to whom?
 - What would it feel like to believe I am already enough?
 - What is one step I can take today that will bring me closer to meeting my needs and being kinder to myself?
 - What would it mean to start trusting my intuition and what I know is true for me?
 - What is one thing that I am carrying that can let go of or put down even just for today?
 - How can I show up for myself in the same way as I show up for everyone else?
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Reclaiming Self

Prompts

- If I fully accepted my neurodivergence, what would I stop apologising for?
- What parts of myself am I ready to reclaim?
- What brings me genuine joy, stimulation, or curiosity?
- What does authenticity feel like in my body?
- Who am I when I am not trying to be productive?
- What kind of life would support the real me?
- What would I create if I trusted my own way of doing things?
- What does living in alignment with myself actually mean?
- What am I ready to let go of?
- What would become possible if I stopped trying to fit into boxes never made for me?
- What am I learning about myself through this process?
- Which prompt felt most emotional or revealing for me?
- What patterns keep repeating in my reflections?
- What truths about myself have I been avoiding?
- What support do I need in order to live more authentically?
- What small changes could help me honour my neurodivergent needs more consistently?
- What does self-trust feel like in practice?
- How can I create a life that feels less like survival and more like alignment?
- What would I like my future self to thank me for?
- What does embracing my neurodivergent identity make possible?

Different versions of yourself

Prompts

Your future self:

Dream about what your life is like.

Write a letter to your future self with all of your questions about how your life turns out, the twists and turns that helped her become that version of you.

Write a letter to yourself from your future self, offering encouragement to where you are right now.

Your past selves:

- The young version of yourself who was unapologetically you and who perhaps needs some love and compassion for your experiences growing up.
- That teenager facing a difficult situation and not knowing what to do, and feeling insecure. Perhaps feeling like they didn't "fit" and not really understanding why.
- The version of you right now. What do you need to hear right now? What words of encouragement and compassion would help right now?

Write letters of encouragement, letting them know you can see they did the best with what they knew. Let them know they grew up to be the amazing version of yourself that you are now. Let them know what you wished someone had told them. Let them know what you learned from them.

Want a deeper dive?

I offer 1 to 1 or group coaching

I am Natalie and I am a Mental Health Recovery Worker and a fully accredited Master Intuitive Psychology Coach.

Would you like to go on a deep journey of self-exploration, connecting with who you are underneath the stories and labels that come with being ADHD? Connect with who you are in your heart and find the self-belief and trust to truly be that person?



Together we will explore your ADHD brain and nervous system and what is holding you back. Using powerful techniques I will guide you to unburden shame and some of blocks that are preventing you from being the brilliant version of you who is buried under years of being told you were “too much”.

This is a remembering of who you always were before the world told you to be someone else.

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