

WAITING **MODE** OVERRIDE

Reclaim the frozen hours. For the frozen hours before an appointment when you can't start anything real. Reclaims waiting mode with tasks sized to actually fit inside it, instead of losing the whole block to nothing.

01 // WHAT THIS IS

PRE-SIZED TASKS FOR FROZEN TIME

This worksheet doesn't try to talk you out of waiting mode. It works with it, by pre-building a list of tasks sized to fit inside different windows, so the frozen time gets used instead of just disappearing.

02 // HOW TO USE IT

- 1. Predict the window if you can.** Fifteen minutes, one hour, three hours: a rough estimate is enough.
- 2. Pick from the pre-built list.** Match tasks to the window size instead of deciding from scratch while already in waiting mode.
- 3. Include a genuine rest option.** Waiting mode doesn't have to be productive to count as used well.
- 4. Adjust the list over time.** Notice which tasks actually get done in waiting mode versus which ones you always skip, and edit accordingly.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

Built for ADHD brains that go offline the moment something is "coming up later." This is a planning tool for a common pattern, not a fix for anxiety about the appointment itself; if the waiting itself is the harder part, that's worth naming with a clinician.

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EVENT / APPOINTMENT

START TIME

// HOW LONG IS THE WINDOW?

01 // PRE-BUILT OPTIONS

15 Minutes or Less

Tiny tasks or genuine rest.

15-60 Minutes

Contained tasks with a clear stop.

1-3 Hours

Larger tasks that still leave transition room.

GENUINE REST OPTION

TRANSITION BUFFER BEFORE THE EVENT

02 // AFTERWARD: WHAT GOT USED / WHAT I ALWAYS SKIP