

ChatGPT Prompts for ADHD Support — Based on Dr. Brown’s Model of Executive Functions

Use these prompts as a starting point to work with your ADHD brain—whether you need help getting started, staying focused, or managing emotions. ChatGPT can be a helpful thinking partner, available 24/7, without judgment.

1. Activation: Starting Tasks and Prioritizing

Prompt 1:

● *“I’m overwhelmed—can you help me figure out what to do first?”*

👉 ChatGPT can help you prioritize tasks when everything feels equally urgent. It can walk you through what’s due soonest, what takes the most energy, or what will give you the biggest relief once done.

Prompt 2:

● *“Break this task into 3 tiny steps so I can just start.”*

👉 ADHD brains often freeze at the starting line. Breaking it down helps lower the activation energy. Even identifying the *first step* can get momentum going.

Prompt 3:

● *“Can you help me plan tomorrow in a way that’s realistic for my brain?”*

👉 Planning with ADHD means pacing yourself, factoring in mental energy, and making space for transition time. ChatGPT can help create a plan that’s doable—not idealized.

2. Focus: Sustaining Attention and Managing Distractions

Prompt 1:

● *“Give me a short focus session with built-in breaks.”*

👉 ChatGPT can set up something like a 20/5 Pomodoro (20 minutes on, 5 off) so you’re not grinding endlessly. It can even give ideas for quick break activities that won’t suck you into a rabbit hole.

Prompt 2:

● *“What can I say to myself when I notice I’m distracted?”*

👉 Gentle self-talk like “I’m doing this, not that” can help anchor your attention. ChatGPT can help you develop a few personalized redirect phrases.

Prompt 3:

● *“Help me reduce digital distractions while I work.”*

👉 Whether it's turning off notifications or using browser extensions, ChatGPT can list ADHD-friendly ways to stay in a focused bubble.

3. Effort: Managing Energy and Sustaining Mental Effort

Prompt 1:

🟢 *"Give me a short list of low-effort tasks I can do when my brain is tired."*

👉 ADHD brains often swing between hyperfocus and shutdown. This helps you stay productive without forcing high-level thinking when you're drained.

Prompt 2:

🟢 *"What's a good way to start working when I feel foggy?"*

👉 ChatGPT can offer jump-start techniques like energizing routines, simple movement, or reviewing your goals—strategies to gently activate your mind.

Prompt 3:

🟢 *"How can I structure my day around my natural energy peaks?"*

👉 With ADHD, effort isn't consistent. ChatGPT can help you map out when to tackle harder vs. easier tasks based on your real energy patterns.

4. Emotion: Managing Feelings and Staying Regulated

Prompt 1:

🟢 *"I feel behind and panicked—can you help me regroup?"*

👉 ChatGPT can help you slow down, reframe what's going on, and come up with a plan. It's not therapy, but it can support a shift from spiraling to problem-solving.

Prompt 2:

🟢 *"What can I tell myself when I'm ashamed about procrastinating?"*

👉 Shame fuels avoidance. ChatGPT can help you practice compassionate self-talk like "This is hard for my brain—not a personal failure."

Prompt 3:

🟢 *"I'm emotionally overloaded. Help me make a calming list."*

👉 Whether it's breathing exercises, music, or a walk outside, ChatGPT can help you create a go-to list of regulation strategies for hard moments.

5. Memory: Holding Information and Following Through

Prompt 1:

● *“Help me create a checklist so I stop forgetting things in the morning.”*

👉 Externalizing memory helps reduce stress. ChatGPT can make personalized checklists for routines, errands, or tasks.

Prompt 2:

● *“Can you summarize this article in 3 key points I’ll remember?”*

👉 ADHD often means working memory gaps. ChatGPT can distill complex content into simple takeaways you can revisit later.

Prompt 3:

● *“What’s a good way to track ideas so I don’t lose them?”*

👉 Whether it’s a notes app, voice memo, or email-to-self, ChatGPT can suggest ADHD-friendly ways to capture and retrieve information.

6. Action: Monitoring and Regulating Behavior

Prompt 1:

● *“Can you help me review what went well and what didn’t today?”*

👉 Reflection builds awareness. ChatGPT can guide you to notice patterns and gently course-correct, without judgment.

Prompt 2:

● *“I tend to rush ahead—how can I pause before reacting?”*

👉 ChatGPT can help you build pause cues like deep breaths or check-in questions to prevent impulsive decisions.

Prompt 3:

● *“Give me a reminder I can post to help me stay on track.”*

👉 Visual reminders can reinforce intentional habits. ChatGPT can suggest short, ADHD-friendly affirmations like “One thing at a time.”

📌 *Save your favorite prompts and come back to them when you’re stuck or spiraling. ChatGPT isn’t magic, but it can be a reliable, low-pressure partner to help you keep moving forward.*