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End of Day Evaluation

The purpose of this worksheet is to evaluate the end of the day while taking ADHD medication.

While taking ADHD Meds:

1. How do I feel after my ADHD meds wear off? *(e.g., "foggy," "irritable," "restless," "bored," "overstimulated," etc.)*

2. What do I *usually* do when the meds wear off? *(e.g., have a drink, isolate, snack, keep working, etc.)*

3. What do I *want* the end of the day to feel like? (*e.g., calm, connected, structured, free, cozy, etc.)*

Creating My New Routine (20–30 minutes)
Check or write in ideas for your end of day "landing zone":

☐ Move my body: walk, light yoga, stretching
☐ Stimulate gently: music, coloring, crafting, puzzle
☐ Soothe my senses: hot shower, weighted blanket, candle
☐ Hydrate and eat: herbal tea, water, protein snack, mocktail
☐ Connect: quick call, text a friend, cuddle pet
☐ Ground: journal, guided meditation, 4-7-8 breath, complete silence

My go-to plan:
When I feel myself sliding into drinking mode, I will try: _____ instead.

MY RELATIONSHIP WITH ALCOHOL

1. What does alcohol help me do, feel, or avoid after work?

2. What are the consequences I notice the next day (emotionally, physically, mentally)?

3. On a scale of 1–10, how motivated am I to reduce my drinking?

4. What *part of me* wants to keep drinking? What part of me is asking for something different?

REDUCTION PLAN

Pick any of the following to try this week:

☐ Choose 2 “alcohol-free” evenings and build a soothing activity into them.
☐ Delay the first drink by 30–60 minutes and check in with myself.
☐ Replace the first drink with a mocktail or seltzer.
☐ Keep alcohol out of the house.
☐ Journal or voice memo before pouring a drink.
☐ Limit to ___ drinks on ___ nights per week.

My small, doable goal this week is: _____

How I’ll celebrate progress (not perfection): _____