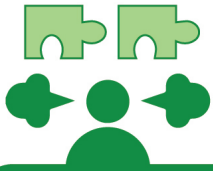




Dr. K's Guide to Mental Health

ADHD Module | Getting Overwhelmed | Worksheet



List all the things that are **overwhelming** you and why you can't let them go. Then rank the items according to how important they are to you.

Overwhelming Item	What Makes This Overwhelming	Ranking

