Find my words cards

For the moments when your brain knows what it needs, but the words won't come out.

How to use them

- Print, then cut along the dashed lines.
- Keep a few in your wallet, bag or phone case.
- When talking feels too hard, just show the card.
- Or take a photo of the ones you use most.
- Use the blank cards to write your own.

What's inside

- When I'm overwhelmed
- Saying no, and leaving
- At school, college or work
- With people I love (including the happy things)
- Blank cards for your own words

Free from theadhdvibe.com

When I'm overwhelmed

Cut along the dashed lines. Each card fits in a wallet.

WHEN I'M OVERWHELMED

I'm overwhelmed, not upset with you.

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WHEN I'M OVERWHELMED

I need a few minutes on my own. I'll come back.

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WHEN I'M OVERWHELMED

I can't talk right now. Can you text me instead?

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WHEN I'M OVERWHELMED

It's too loud for me here. I'm going to step outside.

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WHEN I'M OVERWHELMED

Please give me a minute before you ask me anything else.

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WHEN I'M OVERWHELMED

I'm OK. I just need some quiet.

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WHEN I'M OVERWHELMED

Can we turn the music or the lights down a bit?

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WHEN I'M OVERWHELMED

I'm having a hard moment. Can you stay with me, quietly?

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Saying no, and leaving

Cut along the dashed lines. Each card fits in a wallet.

SAYING NO, AND LEAVING

Thanks for asking, but I can't make it this time.

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SAYING NO, AND LEAVING

I need to leave now. Thank you for having me.

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SAYING NO, AND LEAVING

Can I let you know tomorrow? I need time to think.

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SAYING NO, AND LEAVING

That's too much for me right now.

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SAYING NO, AND LEAVING

I'd love to see you, but somewhere quieter.

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SAYING NO, AND LEAVING

I need to cancel. I'm really sorry. It's not about you.

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SAYING NO, AND LEAVING

I'm going to head off before I get too tired.

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SAYING NO, AND LEAVING

No, thank you.

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At school, college or work

Cut along the dashed lines. Each card fits in a wallet.

SCHOOL, COLLEGE OR WORK

Could you write that down for me, please?

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SCHOOL, COLLEGE OR WORK

Could you say that again, a bit more slowly?

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SCHOOL, COLLEGE OR WORK

I need a short break. I'll be back in 5 minutes.

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SCHOOL, COLLEGE OR WORK

Can I sit somewhere quieter?

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SCHOOL, COLLEGE OR WORK

I understand better with one step at a time.

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SCHOOL, COLLEGE OR WORK

Can I have a bit more time for this?

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SCHOOL, COLLEGE OR WORK

I'm not ignoring you. I'm concentrating.

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SCHOOL, COLLEGE OR WORK

Can we talk about this later? I need time to think.

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With people I love

Cut along the dashed lines. Each card fits in a wallet.

WITH PEOPLE I LOVE

I love you. I just need some space right now.

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WITH PEOPLE I LOVE

Can I have a hug? A big tight one.

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WITH PEOPLE I LOVE

I'm sorry I snapped. It was the overwhelm, not you.

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WITH PEOPLE I LOVE

Thank you for being patient with me.

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WITH PEOPLE I LOVE

I don't need fixing. I just need you to listen.

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WITH PEOPLE I LOVE

Can we do something quiet together?

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WITH PEOPLE I LOVE

I've missed you!

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WITH PEOPLE I LOVE

I did a hard thing today, and I want to tell you.

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Blank cards: my own words

Cut along the dashed lines. Each card fits in a wallet.

MY OWN WORDS

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Want more? Try Vibe Check.

The free app from The ADHD Vibe. It changes to match how you feel, with tools for every kind of ADHD day.

- Pick your vibe, get one thing that helps
- Help button on every screen for hard moments
- Find my words, wins jar, trigger list and more
- AuDHD calm mode, and hide what you don't need
- Private: everything stays on your device

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Find my words is also in the free Vibe Check app: tap a few answers and it writes the message for you.

The ADHD Vibe shares things that help many people. It is a wellbeing guide, not medical advice. If you are struggling, please talk to your GP.

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