

UNMASKED

The Brain Dump Method

a 6-box system for an overloaded mind.



KNOWLEDGE | VALIDATION | EMPOWERMENT

HOW TO USE THESE TWO PAGES

The brain dump comes first. Sorting comes after.

An ADHD brain at full volume cannot triage. It treats every thought as urgent, every discomfort as danger, every loose end as an emergency. Trying to *think clearly* in that state is like trying to read in a room with strobe lighting.

These two pages exist to do the one thing that reliably works: **get the noise out of your head, then sort it on paper**. Not at 2am. Not in your skull. On the page, where it can be looked at without spiralling.

PAGE 1 — BRAIN DUMP

Set a timer for ten minutes. Write down everything that is in your head. Tasks, worries, conversations you keep replaying, things you've forgotten, ideas, frustrations, the thing your sister said in 2019 that still annoys you. All of it. No filter. No order. Bullet points are fine. Half-sentences are fine. Don't try to make sense.

PAGE 2 — THOUGHT SORT

When the timer ends, move to the sort page. Take each item and put it in one of six boxes. **Do today** means real consequences if you don't. **Schedule for later** means it matters but not now. **Delete** is for noise — the brain doing its thing. **Parked ideas** is for things you want to remember without urgency. **How I'm feeling** is for naming the emotion without fixing it. **Not mine to hold** is for things that belong to someone else and you've been carrying anyway.

THE RULE

You don't have to do anything with this yet. The point of the dump and the sort is *seeing what's actually there*. Most of what feels overwhelming, when you put it on paper, turns out to be three real things and a lot of noise.

WORKSHEET

Thought Sort

Move things where they belong. Nothing needs fixing.

DO TODAY
Real consequences if not done

SCHEDULE FOR LATER
Matters but not today

DELETE
Noise / mental chatter

PARKED IDEAS
Worth remembering, no urgency

HOW I'M FEELING
Name it, don't fix it

NOT MINE TO HOLD
Other people's stuff

A REMINDER

Be kind to your noisy, beautiful brain.

Living with ADHD is often overwhelming. Your brain didn't choose to fire this way — and it isn't broken for doing it. The brain dump isn't a punishment for being too much. It's a container that lets you put your brain down for ten minutes so the rest of you can rest.

Use this worksheet whenever you need it. Some women use it nightly. Some only when the spiral starts. There is no right frequency. The right frequency is the one that gives you your evenings back.

— *ADHD in Women*

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