



ADHD Medication Insight Map


Helping you and your prescriber notice patterns, trade-offs, and the conditions that shape them


| Month | Medication Benefits | | | | | Medication Costs | | | | | Context | | | |
|--------|-----------------------|-----------------|---------------|-----------------|-------------|--------------------|--------------------|------------------|--------------------|------------------|------------|--------|--------------|-----------------|
| | Overall effectiveness | Focus/Attention | Hyperactivity | Task completion | Impulsivity | Heart palpitations | Noticeable rebound | Trouble sleeping | Was more irritable | Loss of appetite | Poor Sleep | Stress | Poor Routine | Menstrual Cycle |
| Week 1 | | | | | | | | | | | | | | |
| Week 2 | | | | | | | | | | | | | | |
| Week 3 | | | | | | | | | | | | | | |
| Week 4 | | | | | | | | | | | | | | |


Instructions





 Less Helpful

More Helpful 

 Not Present

Present 

 Spotting

Heavy Flow 

What helped this month?

When medication felt most helpful, I:

- Had better sleep
- Had fewer demands
- Ate regularly
- Had a good routine
- Felt supported
- Did things I enjoy

Other things not listed above:

What made things harder this month?

When things felt harder, I had:

- Poor sleep
- Strong emotions
- High stress
- Illness or pain
- Disrupted routine
- Menstrual changes

The biggest barrier that showed up this month:

Was this about focus, or something else?

When a task couldn't get done, this felt closer to the truth:

- I couldn't focus
- Anxious about making mistakes
- I was overwhelmed
- Avoiding how it made me feel
- I was exhausted
- I didn't care about it

Other feelings/ observations which came up before I stopped:

What does my system need?

If I changed one thing next month, it would be:

- Earlier bedtime
- Smaller tasks
- More structure
- More support
- Less pressure
- More rest

Other changes not listed above: