

FOR THE ADHD BRAIN

# AI for the *ADHD* brain

*A calmer way through the overwhelm – for  
women whose minds carry too much at once.*

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You don't need more willpower. You  
need to get it out of your head.

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## START HERE

If your brain holds forty open tabs at all times, starts five things and finishes none, and goes blank the second you sit down to do the thing you've been avoiding for a week – this is for you. None of that is a character flaw. It's a brain that runs hot and holds too much.

Here's the reframe this whole guide is built on: you don't need more willpower. You need to get it out of your head. An ADHD brain is brilliant at thinking and terrible at holding – so stop asking it to hold. Hand the holding to AI, and free your mind to do what it's **actually good at**.

*You're not disorganized. You're carrying too much with nowhere to set it down.*

## A QUICK, HONEST NOTE

AI is a tool, not a therapist or a doctor. It's great at the logistics – the lists, the steps, the reminders. The heavier stuff still deserves real people and real support. Use this for the load it can actually carry, and keep your people close for the rest.

*Five tools for the five places ADHD overwhelm hits hardest. Each one names the struggle, shows how AI helps, and gives you a prompt to copy. Don't do all five today – that's the ADHD trap. Pick the one that's loudest right now and start there.*

## 1 The Brain Dump

WHEN EVERYTHING IS SWIRLING AT ONCE

The overwhelm usually isn't the tasks. It's holding all of them in your head simultaneously with no order and no off-switch. The fix is to externalize: get every loose thread out, then let AI do the sorting your brain can't do while it's panicking.

**Don't type it – talk.** *Open ChatGPT's voice mode (or a voice memo) and just unload for two minutes. Messy is the point.*

**COPY THIS PROMPT**

*I'm going to brain-dump everything swirling in my head right now. It'll be messy and out of order. Don't lecture me or give me a huge list back. Just listen, then organize it into three short groups: Do today, Can wait, and Not really mine to carry. Keep it calm and short. Here's the dump: [talk or paste it all here]*

*Try it the next time your chest gets tight. Two minutes of unloading beats an hour of spinning.*

## 2 The First Step

### WHEN YOU PHYSICALLY CAN'T START

Task paralysis is real. The task feels so big and undefined that your brain refuses to begin. The trick isn't discipline – it's shrinking the first step until it's almost too small to resist.

#### COPY THIS PROMPT

*I've been avoiding this task for a while and I can't make myself start: [name the task]. I have ADHD, so big vague tasks freeze me. Give me ONLY the first step. Make it so small it feels silly – something I can do in two minutes. Don't show me the whole plan, it'll overwhelm me. Just the first tiny step. I'll come back for the next one.*

“ **Why “only the first step” matters:** seeing the full 12-step plan is what froze you in the first place. One step at a time keeps the panic off.

Ask for the next step only after you've done the first. Let AI be the breadcrumb trail.

## 3 Decision Rescue

WHEN CHOOSING ANYTHING FEELS IMPOSSIBLE

Decision fatigue hits the ADHD brain hard. By 5pm, “what’s for dinner?” can feel as heavy as a tax return. Let AI narrow the field so you’re choosing between two or three things, not infinity.

### COPY THIS PROMPT

*I can't make this decision and the open-endedness is paralyzing me: [the decision]. Don't give me a long list of options. Ask me at most two quick questions, then give me your top recommendation plus one backup. Decide for me if I can't. I just need to move.*

### WHERE TO USE IT

Dinner, what to wear, what to tackle first. Save your deciding-energy for the things that actually matter.

## 4 Time Reality

### WHEN TIME IS A MYSTERY

Time blindness means a “quick” task swallows your afternoon and you’re always shocked. AI can give you an honest estimate and a visual shape for the day, so you stop over-stuffing it and under-guessing.

### COPY THIS PROMPT

*Here’s everything I want to get done today: [list it]. I have ADHD and I badly underestimate how long things take. Give me a realistic, padded time estimate for each one, then lay them out across my available hours [say your hours]. Be honest if it doesn’t all fit – I’d rather know now. Build in breaks and buffer.*

### WHEN TO RUN IT

First thing in the morning. A plan that fits beats a wish-list that doesn’t.

## 5 The Mental Load

### THE INVISIBLE WORK THAT NEVER QUIETS

Groceries, refills, the field-trip form, the gift you keep forgetting, the appointment you meant to book. The ADHD brain holds all of it at once and drops half. Give the holding to a personal assistant that never forgets – so you can.

#### COPY THIS PROMPT

*I want you to be my external brain for the household mental load. I'll dump things as they pop into my head, at random, in no order. Keep a running list, sort it into Errands, Calls/Bookings, Kids, and Buy. When I ask, tell me the two or three things that genuinely matter most today – not the whole list. Start here: [dump it]*

#### KEEP IT IN ONE PLACE

One chat, one note, one assistant. An ADHD system you have to maintain is a system you'll abandon – the whole point is fewer places to look.

YOUR ONE LOUD THING · 5 MINUTES

# Forget the other four *for now*.

*A 5-minute starter so you actually use this today. Don't plan all five – answer these three lines and you've already started.*

The thing my brain won't put down right now is...

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The tool above that would help most (1-5)...

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The first stupidly-small step I'll take...

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*Three lines down. Now turn the page – that's the whole assignment.*

THAT'S THE WHOLE ASSIGNMENT

Open ChatGPT, paste that tool's prompt, and do the one small step. *Nothing else.*

AI for real brains and real life, every week →  
[substack.com/@meganchristie1](https://substack.com/@meganchristie1)

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