ADHD SCREENING

The Time Blindness Toolkit

Practical ways to make time visible again

A free resource from adhd-screening.co.uk

Time blindness is one of the most common, least talked-about parts of ADHD — a loss of accurate “felt” time that has nothing to do with owning a watch. Five minutes and fifty minutes can feel identical from the inside, which makes “just manage your time better” fairly useless advice.

The tools below work by making time external and visible, rather than asking you to feel it more accurately. You don't need all seven — pick two or three and build from there.

1. Make time visible, not just trackable

A phone clock you have to unlock doesn't count. Use an analogue clock, a visible countdown timer, or a “time timer” with a coloured disc that physically shrinks — placed somewhere you'll see it without having to look for it.

2. Double your time estimate, then add a bit more

ADHD is linked to a consistent pattern of underestimating how long things take — not carelessness, just a different relationship with time. Whatever your gut says a task will take, treat that as the minimum, not the likely figure.

3. Set a “leaving” alarm, not just a start time

An appointment at 9am needs an alarm for when you need to leave the house, not one for 9am itself. Work backwards from the event to the moment you actually need to act.

4. Break long stretches into named blocks

“The afternoon” is too vague to budget time against. Splitting it into named chunks — “2 to 3: emails,” “3 to 4: project X” — gives you landmarks to check yourself against as the day moves, instead of one long undifferentiated stretch.

5. Use transition alarms, not just task alarms

Set a reminder for when you should be finishing one thing and starting the next, not just one for when something begins. The gaps between tasks are often where time quietly disappears. (There's a template for this on the last page.)

6. Track actual time spent, honestly

For a week, jot down — roughly — how long things actually took versus what you expected. This isn't about guilt; it's about building a more accurate internal sense of time by checking your estimates against real data.

7. Build in a buffer you're not allowed to touch

Treat the 10–15 minutes before anything time-sensitive as untouchable — not “extra time if things go well,” but a fixed buffer that's already spoken for. It turns “I should have just enough time” into “I definitely have enough time.”

A closing thought

If time consistently seems to vanish — not occasionally, but as a long-running pattern that affects work, appointments or relationships — that's worth taking seriously, not just managing around.

Our free, confidential ADHD screening takes about ten minutes and might help make sense of why. It isn't a diagnosis — just a starting point.

Start your free screening at adhd-screening.co.uk

This guide offers general, practical strategies and isn't medical advice or a substitute for a professional assessment.

Your Time Blindness Toolkit Checklist

Set these up once, then keep this page somewhere you'll see it. Two examples are filled in to show the idea.

[x] Set a leaving alarm for my next appointment

example — replace with your own

[x] Put a visible timer where I'll actually see it

example — replace with your own

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