

Distraction "To Do" List

While working do you have difficulty blocking out invading thoughts? When the off-task thoughts occur, do you become distracted and have a hard time getting back to the task at hand? When you have an invading thought write it down, and then address it after your work is complete.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Review the list with your caregiver. Which of these thoughts are important and need to be addressed immediately? Which thoughts can be ignored or put off for now?