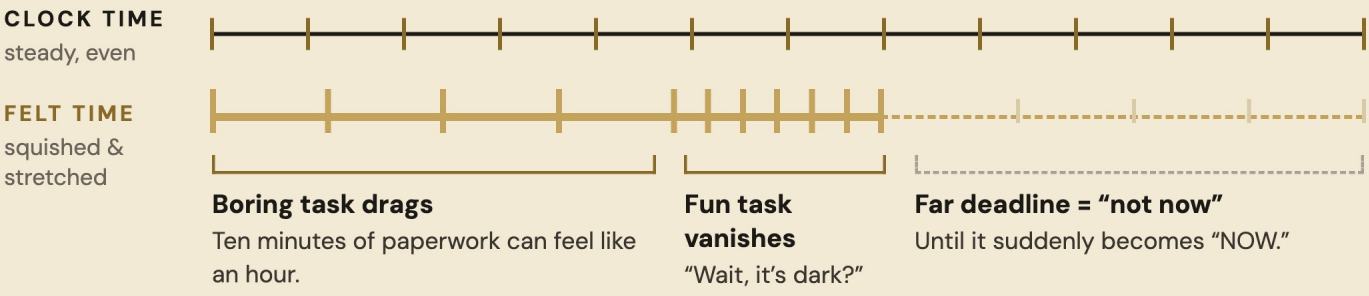
Time is *slippery.*

Time blindness is trouble sensing how much time has passed or is left. Many ADHD (and some autistic) people describe time as just two zones, **"now"** and **"not now."** It's a difference in how the brain tracks time, not carelessness.

SAME HOURS, TWO EXPERIENCES



Boring task drags
Ten minutes of paperwork can feel like an hour.

Fun task vanishes
"Wait, it's dark?"

Far deadline = "not now"
Until it suddenly becomes "NOW."

WHY IT HAPPENS

Working memory
Holding "how long has it been?" in mind while doing something else can be hard, so the thread slips.

Dopamine & interest
Interest seems to drive attention. Low-interest time can stretch; high-interest time can disappear.

Hyperfocus
Deep focus can shut out the clock, hunger and the world. A strength, with a cost.

MAKE TIME VISIBLE *Move time out of your head and into the room.*

Visual timer
See time shrink, don't just hear it end

Analog clock in view
Where your eyes land while you work

"Leave by" times
Plan the leaving, not just the arriving

Alarms with labels
"Shoes on now," not just a beep

Time-blocking
Give tasks a place on the day's map

15-minute buffers
Breathing room between things

Pair with SOLA's Making Time Visible worksheet.

Continued on back: go deeper →

Go *deeper.*

Use these alone, in session, or with someone you trust. There are no wrong answers, only clues about how your brain meets time.

1 *When does time vanish for me? When does it drag?*

2 *What does "not now" look like in my life? Which tasks live there?*

3 *What have I been told about being "late" or "lazy"? What do I know now instead?*

4 *When I hyperfocus, what gets lost: meals, messages, sleep? What could gently bring me back?*

5 *Which transition is hardest for me: starting, stopping, or leaving the house?*

6 *Which tool from the front could make time visible in one room I use every day?*

TRY THIS WEEK *Guess how long one daily task takes, then time it. What did you notice?*