

My ADHD Rabbit Hole Survival Guide

Quick tactics to stay curious without losing the day

Use my curiosity as a strength — without letting it hijack my day. This one-pager helps me dive deep with purpose, pull out when needed, and keep my work (and sanity) intact.

Your Rabbit Hole: Superpower & Curse

Superpower: relentless curiosity, hyperfocus, pattern recognition.

Curse: time blindness, endless research, context switching burnout.

Quick Strategies

Strategy	How to Use It
Name the Hole	Write a one-liner: “I’m diving into understand X.” Keep it in sight
Time-Box	Set a 25-50 minute timer. When it rings, decide: keep going or pull up.
Parking Lot	Drop stray ideas/links into a document or notes app to revisit later.
Define ‘Done’	Decide the finish line before I start (3 sources, confirm API, etc.).
Accountability	Tell someone or the future me: “1 hour max – pull me up if I’m lost.”

People Matter

Surround myself with people who understand my ADHD. The right friends, colleagues, or partners can help keep me stay grounded, remind me of priorities, and celebrate the discoveries my curiosity uncovers.

Remember

My curiosity isn’t a flaw — it’s power. Aim it. Contain it. And don’t be afraid to ask for help when I feel myself slipping too deep. With the right systems and support, rabbit holes lead to **breakthroughs**, not **burnout**.