

SPEAK WITHOUT OVER EXPLAINING!

AuDHD Advocacy Scripts

Do words fail you, when you need to speak up for yourself?

This pack gives you short, practical scripts to help you:

- **Calm your nervous system**
- **Feel prepared and focused**
- **Ask the right questions with ease**
- **Gain the clarity you often struggle to get**
- **Advocate confidently, without confrontation**

“Designed for AuDHD adults navigating calls, appointments and high-pressure conversations.”



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How To Use This Pack...

- Simply open on your phone before you make a call/during a call
- Read word for word if needed
- Use one sentence at a time
- Ask questions more than once if desired

Quick Call Checklist...

Before A Call:

- Note your main challenge
- What is the specific difficulty?
- Decide what support you need (i.e. information/next steps/written instructions)

During The Call:

- Clarify if you are unsure - **“I didn’t quite understand, please explain again.”**
- Ask to slow down - **“Can you go step by step?”**
- Ask what to do next - **“What happens after this?”**

Before The Call Ends:

- Recap - **“Please can you summarise what we have agreed.”**
- Written follow up - **“Please can this be sent to me in writing.”**
- If you’re feeling overwhelmed - **“I’ll return to this once I’ve had time to process.”**

Asking For Clarification...

- “I didn’t quite understand that, could you explain again?”
- “Can you clarify that in more detail?”
- “Could you explain that in a different way?”
- “Can you slow that down so I can process it?”

Understanding What Happens Next...

- “What do I need to do next?”
- “What happens after this?”
- “Is there a deadline I need to meet?”
- “Will this be followed up, and how?”
- “Could you give me this step by step?”

Explaining Your Needs...

- **“I struggle with processing information quickly.”**
- **“I need clear instructions rather than general advice.”**
- **“I need this in writing to make sure I don’t miss anything.”**
- **Optional: “This is related to how my brain processes information.”**

Healthcare & GP Appointments...

- **Being taken seriously:** “I need this documented in my notes.”
- **Clarifying information:** “Can you explain what this means for me?”
- **Next steps:** “What is the plan from here?”
- **Follow-up / documentation:** “Will this be noted in my records?”

**Services,
Phone Calls &
Forms...**

- “Which part of this do I need to focus on?”
- “What information do you need from me?”
- “Can this be sent to me in writing?”
- “Is there a deadline I need to be aware of?”

**When you're
starting to
freeze...**

- **“I’m finding it hard to process this right now.”**
- **“I need a short pause.”**
- **“I may need to come back once I’ve had time to process.”**
- **“I’m starting to feel overwhelmed.”**

Ending The Conversation With Understanding...

- “Before we finish, can we recap what’s been agreed?”
- “Can you summarise the next steps for me?”
- “I’ll need to pause this for now.”
- “Please send this to me in writing.”
- “To clarify, the deadline for this is...”

**A
Final
Reminder...**

- **Asking questions is allowed**
- **Clarity is advocacy**
- **You didn't fail because it felt hard**
- **Pull up these scripts whenever you need support**

“Your life belongs to you, build it to work for your mind.”