

## THE MORNING RESCUE CARD

# Morning Rescue Card

*Print it. Cut it. Keep it where mornings happen.*

**WHAT THIS IS**

A two-sided reference card for when mornings fall apart. Side A shows what NOT to say to an ADHD teen and why it backfires. Side B gives you the exact replacement phrases — short, specific, and tested to actually work.

**WHY IT WORKS**

- At 7am the ADHD brain can only take in a few words — short cues win.
- Rushing triggers dysregulation. This card stops the cycle.
- One tool, one moment, one shift. That's enough to start.

Print this page. Cut along the dotted line. Fold back-to-back. Laminate.

**SIDE A — STOP SAYING THESE**

|                                         |                               |
|-----------------------------------------|-------------------------------|
| <b>"Hurry up!"</b>                      | Creates panic — causes freeze |
| <b>"You're going to be late!"</b>       | They can't feel future time   |
| <b>"Why can't you just...?"</b>         | Implies a character flaw      |
| <b>"I've told you a hundred times!"</b> | Reinforces helplessness       |
| <b>"What's wrong with you?"</b>         | They internalize this         |

REMEMBER: At 7am, only a few words land. Less is always more.

**SIDE B — SAY THESE INSTEAD**

|                                      |                              |
|--------------------------------------|------------------------------|
| <b>"Teeth. Three minutes."</b>       | Short, clear, no debate      |
| <b>"Timer says five."</b>            | Timer is authority — not you |
| <b>"What's next on your list?"</b>   | Prompts THEIR thinking       |
| <b>"You've got this."</b>            | Belief, not disappointment   |
| <b>"What do you need right now?"</b> | Support without control      |

YOUR MANTRA: "Peace over perfection." Point to the schedule. Protect the relationship.

THERE'S MORE WAITING FOR YOU

# Free resources at [adhdvault.com](https://adhdvault.com)

Instant access. Three free resources to start:

**Morning Rescue Card** — stop saying these, say these instead

**IEP First Meeting Cheat Sheet** — 7 questions + what to bring

**College Prep Quick-Start** — the 10 things to do first

## The app is coming this August.

Every crisis script, the AI-powered IEP tools, and three full courses in one place. Founding members lock in the lowest price we'll ever offer.

## Ready for everything?

The ADHD Vault membership — every crisis tool, the full ADHD Teen Toolkit, the courses, the app, and a fresh tool every month. Homework, mornings, executive function, and the Repair method.

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