



Executive Dysfunction Self-Compassion Scripts

For Clients Experiencing Challenges with Motivation, Focus, Task Initiation, or Organization

These self-compassion scripts are intended to help individuals respond to executive functioning difficulties with gentleness, understanding, and self-awareness. They may be read aloud, written in a journal, or adapted for use in therapy sessions. Rooted in principles from Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and self-compassion frameworks (e.g., Dr. Kristin Neff), these scripts support emotional regulation, reduce shame, and promote adaptive coping.

When Struggling to Start a Task

“It makes sense that starting feels hard right now. My brain is not broken—it’s overwhelmed. Starting small is still starting. I can begin with one step, even if it’s just opening the document, picking up one item, or setting a timer. I don’t have to do everything at once.”

When Feeling ‘Lazy’ or ‘Behind’

“This is not laziness. This is executive dysfunction. My nervous system is asking for support, not judgment. I deserve care, not criticism. I can meet myself with kindness, even if I wish I had done more.”

When Stuck in Repetitive Thoughts or Avoidance

“It’s okay that I’m looping or avoiding. That’s often how my brain tries to cope with pressure. I don’t need to force my way out—I can notice what’s happening and gently guide myself toward what matters, even in small ways.”

When Feeling Lost or Disorganized

CLARITY AND CARE



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"It's understandable to feel scattered when everything feels urgent or unclear. I can pause and give myself permission to choose just one priority. Clarity comes when I slow down, not when I push harder."

When Engaging in Harsh Self-Talk

"I wouldn't speak to a friend this way. My struggles are real and valid. I am doing my best with the resources I have today. I can learn and grow without shaming myself."

When Comparing to Others

"I don't need to measure myself against someone else's pace or process. My brain has different wiring, and that's not a failure. My progress is still meaningful, even if it looks different."

When Trying Again After a Setback

"It's okay to begin again. Every attempt is practice, not proof of failure. My worth isn't tied to productivity. I am allowed to try, rest, pause, and try again."

When Needing Permission to Rest

"Rest is not a reward for productivity. Rest is a biological need. Allowing myself to rest now helps me care for my future self. I can rest without guilt."
