

ADHD and Forgetfulness

When Time Slips Through Your Fingers

For people living with ADHD, forgetfulness isn't just about occasionally missing a reminder - it's a daily challenge that can affect everything from work and relationships to something as small (yet frustrating) as remembering to cancel a Netflix subscription.

It's not laziness. It's not carelessness.

It's the ADHD brain - constantly juggling thoughts, deadlines, and distractions, with memory and time management often the first things to fall through the cracks.



The Memory Maze

People with ADHD often struggle with *working memory* - the mental sticky notes that hold short-term tasks and reminders.

It's not that you don't care about cancelling the subscription; it's that your brain doesn't automatically keep that information front and centre. Without visual cues or reminders, even simple tasks can vanish into mental static.



The Time Blindness Problem

One of ADHD's most misunderstood challenges is *time blindness* - the inability to feel the passage of time accurately.

For someone with ADHD, "three months from now" doesn't feel real or urgent. It's abstract - and therefore easy to forget.

Until someone steps in with a reminder, the task simply doesn't exist in the present moment.



The Future Planning Trap

Planning ahead can feel like trying to organize clouds.

The ADHD brain thrives on immediacy and urgency - the "now." Future tasks, no matter how important, can slip out of awareness until the deadline hits.

So when you ask for a reminder months in advance, it's not procrastination - it's self-awareness. It's knowing your brain needs external help to bridge the gap between intention and action.


From Overthinking to Forgetting: Two Sides of ADHD

In one moment, the ADHD brain can overanalyze every detail (like in "overthinking").

In another, it can completely blank on something simple - like cancelling a subscription.

Both come from the same root issue: difficulty regulating attention and organizing mental space.

It's not inconsistency, it's neurological chaos wearing different masks.

 **Managing Forgetfulness with ADHD**
While ADHD forgetfulness can be frustrating, it *is* manageable with the right tools and habits.

Set Reminders & Alarms:

Use your phone, smartwatch, or apps like Google Keep. Repetition is key - set multiple reminders for the same task to keep it on your radar.

Break Tasks into Mini-Steps:

Instead of setting one reminder for “cancel subscription in three months,” break it into smaller check-ins (one week, one month, two months, etc.).

Use Visual Cues:

Sticky notes, whiteboards, or color-coded planners can keep important things literally in sight - and therefore, in mind.

Find an Accountability Buddy:

Having someone to nudge or remind you can make all the difference. Shared structure keeps tasks from vanishing into the ADHD void.

The Bottom Line



Forgetfulness in ADHD isn't a character flaw - it's a symptom of how the ADHD brain processes memory and time.

It's living in a mind that's always moving, where “later” often disappears, and “now” demands all your attention.

But with the right strategies - reminders, routines, and compassion - you can work *with* your brain instead of against it. Because ADHD isn't about failing to remember, it's about learning new ways to *make remembering possible*.