



# The Tangled Threads Toolkit



*A gentle guide to weaving ADHD with its many companions—without unraveling yourself.*

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Jen Hyatt, LMFT

Licensed Marriage and Family Therapist #99355

[www.stormhavenwellness.com](http://www.stormhavenwellness.com) | [www.thenerditherapist.com](http://www.thenerditherapist.com)

## ❖ Welcome to the Loom Room

If you've ever wondered why ADHD doesn't seem to travel alone — why anxiety, depression, sensory overload, trauma, or hormonal shifts weave themselves into your story — you're not imagining it.

This toolkit gathers the insights from Episode Three: *The Tangled Threads* to help you name, hold, and weave with the threads that make up your beautifully complex neurodivergent tapestry.

You don't need to detangle everything.

You just need to learn how to work with what's here.

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## ADHD Rarely Travels Alone

For many of us, ADHD shows up like a whole ball of tangled yarn — not a single clean thread.

Commonly woven patterns include:

- **The Anxiety Thread** – the whisper: “What if I forgot something?”
- **The Depression Thread** – when the threads sag and nothing feels possible
- **The RSD Thread** – panic from a one-word text
- **The Sensory Overload Thread** – when noise, light, or texture overwhelm the loom
- **The Trauma Thread** – reflexes shaped by survival, woven deep beneath
- **The Hormonal Thread** – PMDD, perimenopause, and cycle shifts tugging at every strand

These aren't separate problems to “fix.”

They're threads in the same loom.

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## The Alchemist's Tools for Thread Work

Each tool appears as a *named thread* the Alchemist places gently into your palms.

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### TOOL ONE: The Visibility Thread

**“Put the pattern where you can see it.”**

When anxiety or sensory overload floods the mind, memory becomes an unreliable container. The Visibility Thread brings what matters **into view**.

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Try this:

- A visual calendar that lives in your line of sight
- Sticky notes on doors, mirrors, steering wheels
- Voice memos that reassure, not criticize
- Phone alarms labeled with kindness: “Hydrate,” “Stretch,” “Pause first”

You are not forgetful.

You are managing many threads.

Visibility lightens the load.

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## **TOOL TWO: The Recovery Thread**

*“You’re not a machine. You’re a living loom.”*

ADHD runs in bursts — the sprint, the crash, the push through exhaustion.  
The Recovery Thread keeps the loom from snapping.

Try this:

- Add rest before you collapse
- Reward transitions with breaks, not only completed tasks
- Keep soft tasks nearby — watering plants, tidying corners, doodling
- Notice when you’re fraying and pause *before* you tear

Recovery isn’t indulgent.

It’s maintenance for a system that works hard.

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## **TOOL THREE: The Cooling Thread**

*“Before you pull the thread tighter — pause.”*

Big emotions can tighten the loom too fast.

The Cooling Thread slows the tension so you can respond with clarity, not urgency.

Try this:

- Don’t reply to the text immediately
- Name the feeling tugging at you
- Ask: “What’s pulling this thread right now?”
- Step away before reacting

Self-regulation isn’t suppression.

It’s space between the strands.

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## **TOOL FOUR: The Repair Thread**

*“Rewoven threads are stronger.”*

When overwhelm snaps a thread — a reaction, a sharp comment, a shutdown — the Repair Thread helps you mend without shame.

Try this:

- Pause and cool the moment before fixing it
- Own the fray gently: “I was overwhelmed; my thread pulled too tight”
- Reach back out with presence, not perfection
- Notice what caused the tension and adjust next time

Repair doesn’t erase the past.  
It strengthens the weave.

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## **BONUS THREAD: The Hormonal Weave Thread**

Hormonal shifts influence dopamine, emotional regulation, and sensory thresholds in ADHD. You are not imagining the monthly tightening of the loom.

Try this:

- Track your symptoms across the month
- Pre-load body-based care before dips
- Use warmth, rest, magnesium, or movement
- Give yourself grace — your biology is a real thread

This thread isn’t a flaw.  
It just needs tending.

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## **Final Threads from the Alchemist**

You don’t have to unravel your tapestry.  
You don’t need perfect alignment or tidy strands.

You simply need permission to weave with what you have — knots, frays, colors, and all.

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Every thread matters.  
Every tangle tells something true.  
And your story is still being woven.

Keep going.  
You're doing it.

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