Time blindness test with a stopwatch

No validated test for time blindness exists on its own, so this one just measures. Pick three things you do most days, write your guess first, then time it from the first move to done. Three tries each, this week.

Made-up example: shower. Guess 10 min, stopwatch 24 min. 24 ÷ 10 = **2.4x** off. Fill in your own below.

1

Thing you time _____ **Done means** _____

Try	Your guess	Stopwatch	Off by (stopwatch ÷ guess)
1	_____ min	_____ min	_____ x
2	_____ min	_____ min	_____ x
3	_____ min	_____ min	_____ x

Try: the shower, or getting dressed. Start the stopwatch at the first move, not when it "really" starts.

2

Thing you time _____ **Done means** _____

Try	Your guess	Stopwatch	Off by (stopwatch ÷ guess)
1	_____ min	_____ min	_____ x
2	_____ min	_____ min	_____ x
3	_____ min	_____ min	_____ x

Try: leaving the house. Off the couch to door locked, not keys in hand.

3

Thing you time _____ **Done means** _____

Try	Your guess	Stopwatch	Off by (stopwatch ÷ guess)
1	_____ min	_____ min	_____ x
2	_____ min	_____ min	_____ x
3	_____ min	_____ min	_____ x

Try: the commute, or one small chore you do daily (dishes, lunch, the inbox).

This week, did this happen?

The everyday signs

- ☐ A "10-minute" thing took more than double
- ☐ Started getting ready at the time I meant to leave
- ☐ Something later in the day froze the whole day (waiting mode)
- ☐ A deadline felt far away until it was suddenly close
- ☐ "I'll reply in a sec" turned into days
- ☐ Looked up from something and hours were gone

How to read it

Everyone guesses a bit short

That's the planning fallacy, not a diagnosis. Pay attention if **the same thing misses in the same direction every time**, the misses are big enough that your day bends around them, and several signs got a tick.

That's our reading, not a cutoff from a study. No study has set one, and this sheet can't tell you whether ADHD is the reason.

My usual off-by: _____

Use routine things.

People misjudge familiar tasks because they remember them as shorter. A brand-new task mostly tests your guessing.

Keep the sheet.

Next time, plan with the stopwatch number, and set an alarm for when to start, not when to leave.

Lots of other stuff too?

Attention, memory, organization at work and home: worth bringing this sheet to a clinician.