

A Workbook for Adults with Attention Deficit/Hyperactivity Disorder.

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Design by
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TABLE OF CONTENTS

PART I: ASSESS THE SITUATION

What is ADD?
Co-Morbid States
Discovering Your Strengths
Perceptual Positioning Exercise

Complete all material from above section for coaching interaction #1

Strengthening Your Motivation
Designing Your Own Vision Exercise
Self-Esteem and Growth
Self-Awareness Exercise
Discovering The Hidden Leader Within
Expanding Your Beliefs

Complete all material from above section for coaching interaction #2

PART II: COMMIT TO A GAME PLAN

Upward Spiral "To Do" List
Clarifying and Strengthening Your Commitment
Strengthening Your Motivation *Again*

Complete all material from above section for coaching interaction #3

Creating a Strategy

Complete all material from above section for coaching interaction #4

PART III: TAKE ACTION

Taking Action
Morning Mantras
Computer Mantras
Daily Meditation or Prayer
Breathing Exercises

The Mind/Body Wave

Feeling Good

Tips - Trying What Works

Time Management Tips

Time Management Exercise

Time Management Commitment

Tips To Take Care of Procrastination

Tips to Manage Stress

Tips for Dealing With Perfectionism

Tips to Plan and Schedule Efficiently

Tips for Remembering

Tips for Organization

Favorite Tips

Relaxed Response Technique

Communication Formula

Responding to Criticism

PART II: COMMIT TO A GAME PLAN

"Some where along the line of development we discover who we really are, and then we make a real decision for which we are responsible. Make that decision primarily for yourself because you can never really live anyone else's life, not even your own child's. The influence you exert is through your own life and who you become yourself." — Eleanor Roosevelt

The decision to make a commitment to continuing our progress is a daily opportunity we can celebrate three hundred and sixty five times a year. In this section you will develop a game plan for what it is you want, and commit to it. In part one of this workbook you made an assessment of both your strengths and weaknesses and took a look at what beliefs and values were supporting or limiting you in your desires. You took a look at your environment and what was nurturing in it and what wasn't. You analyzed your behaviors as to which ones were beneficial in coping with ADD and which ones weren't. By now you should have good knowledge of what it is you need and want to develop within yourself to be better able to manage the challenges of daily life with ease and joy. Congratulate yourself, you've done some good work.

This section is designed to clarify your most important goal. the one you have determined from Part One that you would like to work on first. This is the one that will give you the strongest boost for that upward spiral that you have already begun to embark upon. Once you have a good start working on this first goal, and decide to begin working on others, the same process can be used to clarify goals and design strategies to get there. List below what you need, and want, to cope effectively with your ADD and put a star by the most important one, so you can begin to work on that first.

Example: The most important thing to me right now is to get my work space organized and running efficiently. Organization comes first and time management comes second. I need to know where things are and then I need to know where I am supposed to be and at what time. I need to find systems that work for me; ones that I will use. Some additional goals may include: better social graces, improved conversational skills, healthier eating habits, routine exercise patterns, more patience, better concentration, the ability to respond calmly and appropriately, or the ability to be quiet and still when expected.

Go for it! List them all, but put a star by that special one that you're going to tackle first; the one that clearly needs attention. the one you'll hoot and holler about just as soon as you make some progress.

Please enter your name:

Your E- Mail Address:

My Upward Spiral "To Do" List:

Clarifying And Strengthening Your Commitment

Now that you know what it is you are committed to developing first, the following exercise will help you clarify and strengthen your commitment. Describe below what it is you are starting to achieve already, by performing this exercise, in a positive reference. Describe what it is you are adding to your life and not what is being taken away. State what it is you want, and not what it is you don't want. Make your goal something positive to move toward, not something negative to move away from. Focus on ways to grow by creating new options, developing new strengths, expanding your beliefs, learning new skills, and nurturing yourself in new ways.

Example: Instead of saying, "I want to lose weight," you would say, "I want to have healthy eating habits and a good exercise routine." People with healthy eating habits and a good exercise routine are not overweight. The focus and emphasis is on what is healthy, appetizing, nurturing, energizing and satisfying. What do you clearly see yourself doing? What are you telling yourself that's pleasing to hear? How enthusiastic are you feeling?

Describe what it is you want using criteria that can be measured.

Example: If you say you want to be happy, how would you measure happy? What is happy? Happy to me, may be quite different than

happy to you. Be as specific as you can in describing and defining what it is you want. Instead of saying, "I want to be happy," you might say, "I want to be smiling a lot, laughing, and humming to myself as I work." You may want to feel peaceful and describe it by saying, "I want to feel peaceful, by responding to others slowly and gently. I want to speak in a soft quiet voice, saying kind and respectful things, like, 'I am grateful to have you for a friend.'." Define your goal using criteria that are measurable and will allow you or anyone else to know they have been met, once you have attained your goal.

To put the finishing touches on your commitment, think about the magnitude of what it is you are in the process of committing to. Is getting your whole office organized too big of a project to start with? You may want to start with just your desk or just your computer files. Adjust the size of the task so that it seems comfortable for you.

Positive Description Of My Commitment:

The following questions are designed to clarify and strengthen the commitment you have just made toward accomplishing your goal.

How would you know you had it?

How is it possible for you?

What would be an example of it?

What stops you from having it?

Would it really be OK if you had it?

Do you really want it? (explain how and what for)

How is it of value?

How would family, friends etc. respond?

When do you want it and when do you not?

Is it within your power to do this?

Are you willing to do what it takes?

What would happen if you get it?

Having obtained the desired result, what is the worth?

Will you miss or lose anything of real value when you get it?

What would you be doing and saying?

What would you be thinking?

How would the world look to you?

How would others know you had it?

How does it fit with short term goals?

How would it fit with long term goals?

How would it fit 10 years from now?

Strengthening Your Motivation AGAIN

I haven't, as a coach, over motivated any of my clients yet, so at the risk of that happening, I've decided to include these next exercises. If you think they have motivated you more than necessary, call or [write](#) me and we'll figure out what to do next. That's what coaches are for.

I have the capabilities necessary to achieve the goal

because

therefore

after

while

whenever

so that

if

although

in the same way that

I want to achieve my goal:

because

therefore

after

while

whenever

so that

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in the same way that

I will achieve my goal:

because

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so that

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in the same way that



Table of Contents