

Getting your ADHD Self Programme



Your workbook WEEK 2

 DIVERGENT THINKING

Getting your ADHD SELF Programme Week 2

Introduction

Once you have completed the programme, you will be able to understand:

1. Review
2. Reframing ADHD deficits/challenges
3. ADD and ADHD challenges
4. Neuroscience behind challenges
5. Examples of not managing ADHD challenges
6. Strategies to support our challenges
7. Getting into action



1 Review

Notes/thoughts

Note any thoughts you have on behaviour changes you have noticed in yourself under stress.

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2

Reframing some challenges as strengths

Week 2

Allowing ourselves to reframe perceived challenges



Challenge

Strengths

1. Leaving everything until the last minute
2. Blunt
3. Distracted
4. Class clown
5. Saying yes to too many things
6. Time blind
7. Risk insensitive

1. Able to cram large amounts of information in a short space of time
2. Direct
3. Making creative links
4. Quick witted, use humour
5. Strong desire to support others
6. Ability to tunnel focus
7. Risk taker/entrepreneurial

Complete the table below.

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3 General challenges

Week 2

Challenge

1. Busy thinking feels overwhelming
2. Difficulty paying attention when not interested
3. Hard to organise and plan
4. Misses deadlines
5. Loses things
6. Loses track of what is being said
7. Procrastinates on things not interested in
8. Late for things, loses track

Strengths

1. Busy thinking feels overwhelming
2. Difficulty paying attention when not interested
3. Hard to organise/plan
4. Leaves things to the last minute or misses deadlines
5. Loses things
6. Loses track of what is being said
7. Procrastinates on things not interested in
8. Late for things, loses track
9. Can be blunt
10. Can jump in and take over conversations
11. Can ruminate on things
12. Can't sit still and has to be moving
13. Interrupts others as 'has to' say what is in their head
14. Easily angered or frustrated when things don't go right
15. Need for immediate gratification

Notes/thoughts

1. What you most resonate with?
2. How these challenges have impacted you and the people around you?

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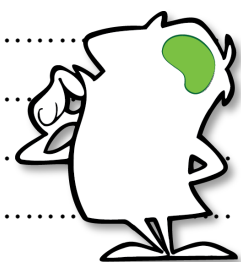
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4 Neuroscience behind ADHD Strengths



Fill in these boxes

brain



brain

Ponder Activities



If a colleague was demanding work from you with a very tight deadline, what part of your brain may engage?

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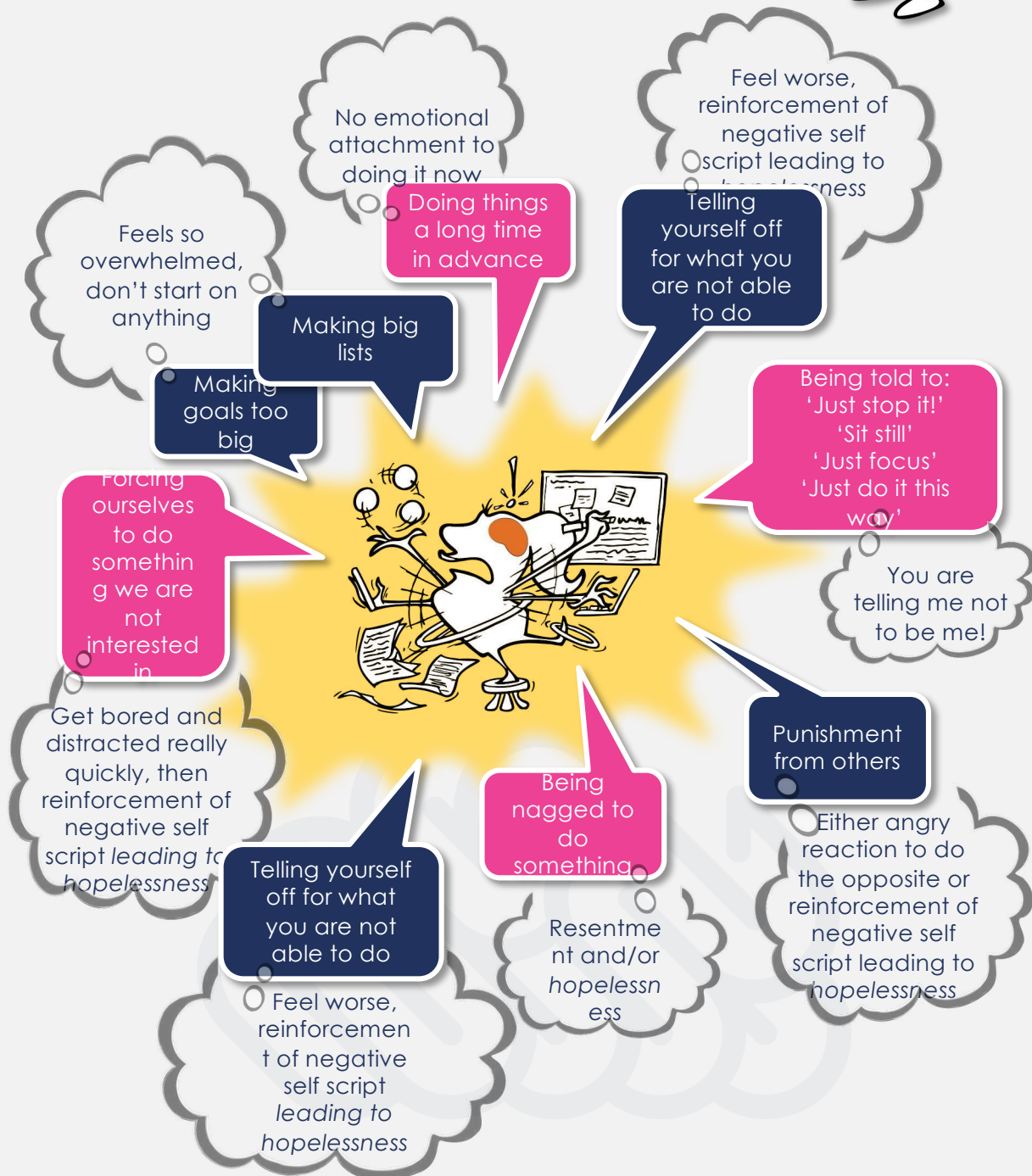
If you made a very considered, deliberate decision on the type of car to buy, what part of your brain is likely to engage more?

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5 Examples of not managing challenges....

Things that don't tend to help ADHD brains



6 Strategies to manage challenges

Helping ADHD brains get out of the way of themselves



1. **Accept it is not me, it is my brain – develop a self-compassion script**
2. **Identify realistic stretch based on your energy and focus levels in the moment**
3. **Create an emotional attachment to the things you need to do**
4. **Realise that things will probably take at least twice as long to do as you are predicting**
5. **Start getting into action with the smallest first step that your ADHD brain feels is achievable**
6. **Create accountability to others as this is more of a driver than accountability to yourself**
7. **Be realistic on what your brain can do, not what it should do**
8. **Allow your pre-frontal cortex to look after your ADHD brain not persecute it**



6

General Strategies to support our challenges

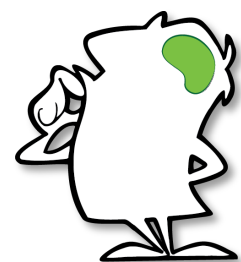
Week 2

Challenge

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Strategy

1. Create a physical focus e.g. mindful breathing or focused exercise
2. Link conversation to something personally interesting
3. Get help from others and focus on 1 small task at once
4. Increase accountability toward others
5. See cramming at the last minute as a strengths but have everything you need to cram prepared before hand
6. Use electronics ie tags to help, put things in set places
7. Be honest and explain why or learn to focus on what is interesting in any conversation
8. Develop emotional value to these tasks and link to a reward and be accountable to others
9. Set multiple alarms and ask for support from others to remind you
10. Explain why you may jump in or appear blunt from a Neurodiverse perspective
11. Learn and practice bottom lining and write down any important thoughts when you think of them
12. Consider the functionality of the other persons behaviour and self soothe and distract
13. Explain your brain wiring to others and gain permission to do this
14. Use exercise and breathing for relief, focus on learning from experience once back in a green brain
15. Ask for support from others to distract or do something different
16. Prepare for high risk situations



6

Strategies to support challenges

Week 2

Activity

Notes/thoughts

1. Which challenge you would most like to work on?
2. What do you need to think, feel, and do differently to get into action on this?

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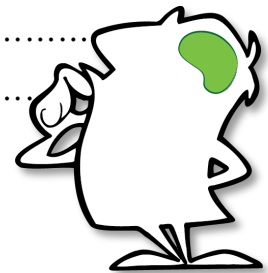
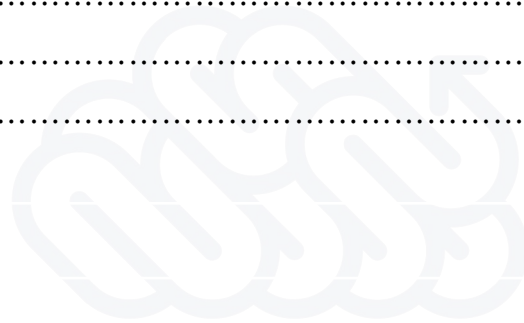
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Getting into action



Knowing Doing



Ponder Activities



Identify 1 thing you can do with a 98% likelihood of success to maximise the strength that you value the most.

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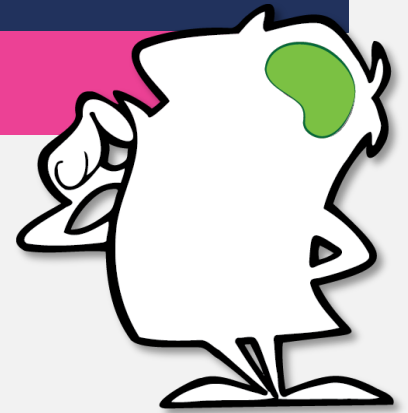




Final reflections

What is your greatest insight from this session?

What can you do right now to get into action?



Thank you!

 DIVERGENT THINKING®



Passport to Build Confidence and Capability

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2. Reframing ADHD deficits/challenges
3. ADD and ADHD challenges
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Reframing Deficits / Challenges

Complete the table below.



Challenges	Strengths

My ADD and ADHD Challenges

Activity: Complete the table
 Passport to Building Capability and Confidence



Challenges	Strengths	Timescale	Performance Measure

Strategies to Support My Challenges

Activity: Complete the table
 Passport to Building Capability and Confidence



Challenges	Strategy	Timescale	Performance Measure

Getting into action

Activity: Complete the table
 Passport to Building Capability and Confidence



Knowing	Doing	Timescale	Performance Measure