

NOTES ON ADULT ADHD (Attention Deficit and Hyperactivity Disorder)

Key Symptoms: Restlessness, distractibility, impulsivity, hyperactivity, emotionality.

Behavioral Strategies:

- Say no to tasks you don't want or know you won't finish.
- Minimize distractions when you need to focus on a task.
- Minimize external stimuli.
- Start with short time frames and build longer time frames.
- Formulate over-all task, break down to segments that can be done in short time frames; strategic use of deadlines; focus on immediate next step vs. final goal.
- Give self timed breaks along the way.
- Plan incentives (rewards) for self – with a time limit.
- Do several things at once, move around, be creative in approach to tasks.

Emotional Strategies:

- Consider medication (under doctor's care).
- Notice what immediately precedes shifts of attention; also notice attached feelings or thoughts.
- Do grief work, anger work.
- Learn and use relaxation/visualization techniques (stress reduction, centering).
- Practice negotiation/confrontation/communication skills.
- Use temper control techniques:
 - Rational-Emotive Therapy (RET) – self-talk, examination of "shoulds"
 - Responding to Criticism Nondefensively – acknowledge part that's true, probe
 - Imagining anger behavior until "charge" lessens
 - Look behind public *persona*
 - Observe self nonjudgmentally when hooked, release