

My Dopamine Style

Those of us with ADHD struggle with motivation due low levels of the neurotransmitter dopamine. Four common ways we raise our dopamine are through things that are interesting, novel or new, challenging or urgent.

For each of the questions below, place a ✓
if it is usually true for you.

Group 1

- I usually have snacks while I do school work or boring paperwork/ online work
- I often find myself doing online searches on topics of interest to me- just “because.”
- I can easily work for hours on things that are interesting to me
- I enjoy listening to podcasts or binge-watching series on Netflix.
- Listening to music helps me focus better

Group 2

- I often find myself really interested in new things, but then the novelty wears off and I lose interest.
- Predictable routines are unappealing to me-even if I know they’re “good” for me.
- I frequently buy things on impulse
- I enjoy finding new music to enjoy, or enjoy discovering new releases by my favorite artists
- I’ll do extra work if I’ve bought a new tool, appliance or piece of equipment that I can use

Group 3

- I tend to be competitive.
- I really like video games.
- I like to challenge myself even in small ways, like trying to “make a basket” when throwing items away
- If you have a garage: I like to press the garage door opener as far away from the house as possible, to see how far it will work to open/close the door.
- I like to try to outdo myself (*ex: beat my last drive time to work*)

Group 4

- I work best under pressure
- My home is the cleanest when I know someone's coming over.
- I usually do laundry only when I'm running out of my favorite clothes or underwear.
- I avoid regular doctor or dental visits. I only go when it's a problem.
- I usually arrive just in time or a little late for appointments

Results

Add up the checks in each group and write them here:

Group 1:

Group 3:

Group 2:

Group 4:

The areas with the highest scores represent your "Dopamine Style."

If your scores are high in several areas: good news! More strategies to choose from!

Try using strategies from your Dopamine Style group to increase your dopamine and increase your motivation. These are just examples; try creating your own that will work for YOU!

| | |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Group 1 Interesting</p> | <ul style="list-style-type: none"> • Pair something fun, like music, with the task • Include a friend in the activity • Reward yourself frequently throughout the task |
| <p>Group 2: Novel or New</p> | <ul style="list-style-type: none"> • Use new materials for the task • Include a new app or technology • change the location or time that you do the task |
| <p>Group 3: Challenging</p> | <ul style="list-style-type: none"> • Use a timer to set a time challenge for the task • Play your favorite song and try to finish before it ends • Use "body doubling" to increase focus and accountability |
| <p>Group 4: Urgent</p> | <ul style="list-style-type: none"> • Use the Pomodoro technique • Set deadlines and tie rewards to getting the task done on time. • Use an accountability partner |