

# ADHD Coping Cards

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## Procrastination: emotional reasons

Ex: Fear, shame, guilt

- First, ask what is keeping you from getting started.
- Use positive self talk to counteract the fear based thoughts: what is TRUE and POSITIVE?
  - What is it costing you to not do the thing?
  - What would you tell a trusted friend?

## Feeling Overwhelmed

- Overstimulation can cause this
- Build in frequent breaks
- Breaks must be guilt-free!
- Allow yourself time to play before engaging in stressful things
- Ask for help: you don't have to be perfect or do it all.

## Rejection Sensitive Dysphoria

- Ask yourself: What is it that I'm upset about?
- Ask yourself: Is this my RSD?
- Check for other possible explanations of what happened.
- Remind yourself that no one is perfect.
- Use positive self-talk and be kind to yourself.



## Sensory/ Input

- Check in w/yourself frequently: ("How am I feeling?")
- Adjust sound, light, temperature as needed.
  - Use Loop or other ear devices to modulate input of volume
- Take frequent breaks ("time out" for yourself to reset).

## Low Motivation

- Make the task interesting: add music, podcasts, etc.
  - Use body doubling; ask a friend to join you as you do the task
- Build in frequent rewards as you do the task
- Allow yourself to do part of the task only; break it into pieces

## Maintaining Relationships

- Make a list of your most important relationships.
- Make a note of when you last connected with them
- Use low-stakes ways of reconnecting (texts, sending funny content, etc).
- Un-mask by telling them about how your ADHD affects staying in touch & you care!



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## Procrastination: Motivation Reasons

- Use body doubling to complete the task (google for websites)
- 10 minute strategy: tell yourself you'll work for 10 minutes only. After that, if you're on a roll, keep going. If not- you have permission to stop.
- Add fun to the task.
- Reward yourself often

## Social Anxiety

- Ask yourself: What evidence do I have that it's true? Am I "mind reading??"
- Surround yourself with other neurodivergent people who understand you.
- Work toward "unmasking" with yourself, then with safe people in your life.

## Shame/ Embarrassment

- Use kind self-talk for comfort
- Use thought stopping strategies for intrusive thoughts ( imagine stop sign & focus on something positive)
- Remind yourself that we are neurodivergent people and we don't have to fit in the neurotypical box

## Time Paralysis

- Usually happens when we have something we can't be late for or don't want to miss
- use timers to keep track of time
- set timers in small increments for each thing you do before the event
- don't start anything new for 30 min before the appt.

## Time Blindness

- Build in guilt-free downtime
- Set timers to prevent "lost time"
- Set a "stop time" for use of technology before bed
- Ask for help from others to stop after x amount of time

## Overspending

- Leave items in shopping cart online for a day or more before buying
- Accountability: Set up text alerts for every purchase you make.
- Level up: add partner or spouse to receive those text alerts (if safe)
- Keep a list in phone notes of things you DIDN'T buy and see how much \$\$\$ you can "save"

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