

ADHD COACHING & TRAINING

ADHD and Creating a Habit

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Transition Time:

- Sit comfortably in your chair, breathe
- Take these few minutes to relax and transition to a new learning experience.





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Every action you take is a vote for the type of person you want to become.

-James Clear



The Science

- Habits are dopamine driven.
- Dopamine plays a central role in many neurological processes; ADHD is a neurodiverse disorder of the brain.
- Dopamine is released not only when you experience pleasure.
- Whenever Dopamine rises so does your motivation

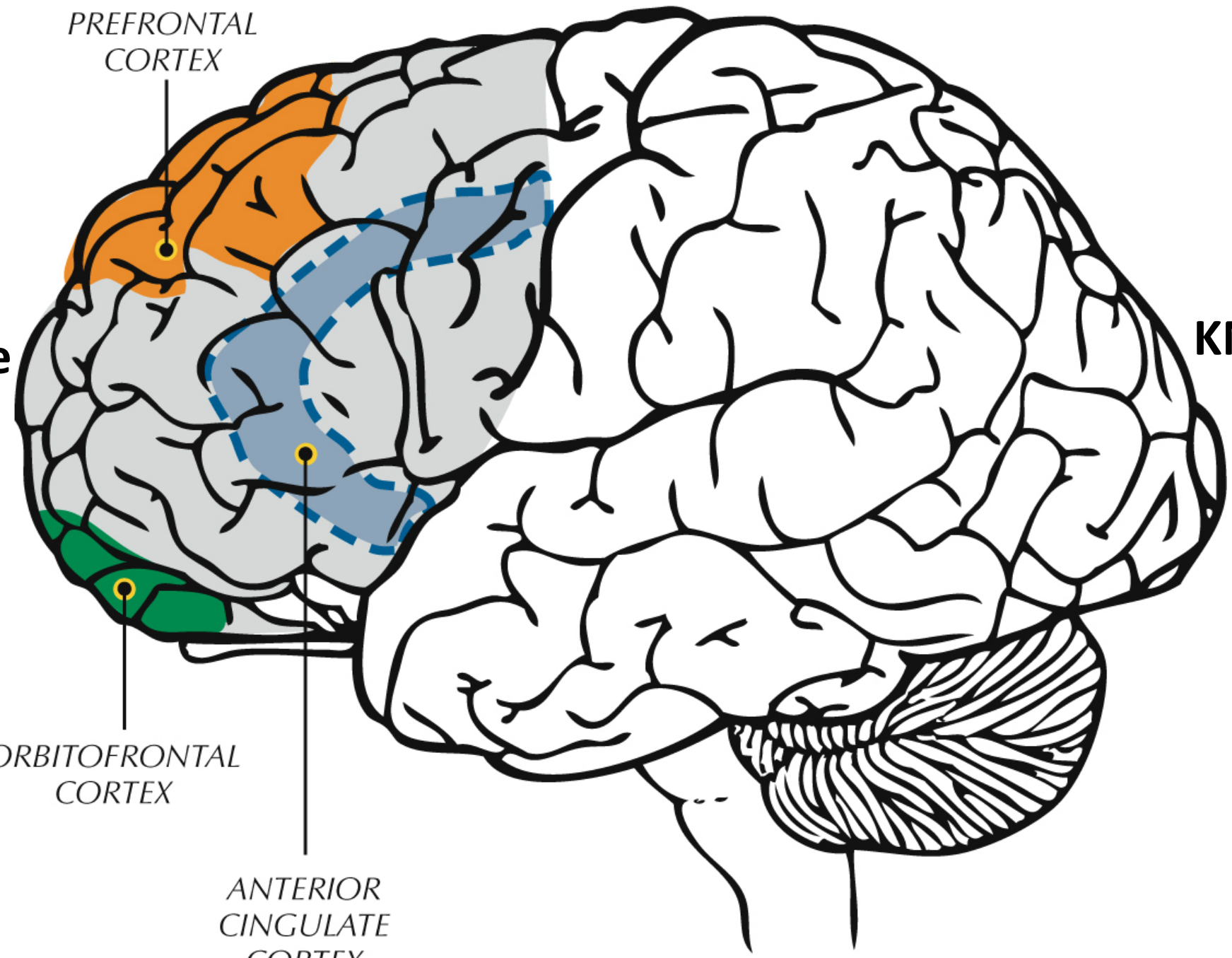
DORSOLATERAL
PREFRONTAL
CORTEX

Performance

KNOWLEDGE

ORBITOFRONTAL
CORTEX

ANTERIOR
CINGULATE
CORTEX



Definition

- A habit is a routine of behavior that is repeated regularly and tends to occur subconsciously. The American Journal of Psychology defines a "habit, from the standpoint of psychology, [as] a more or less fixed way of thinking, willing, or feeling acquired through previous repetition of a mental experience."

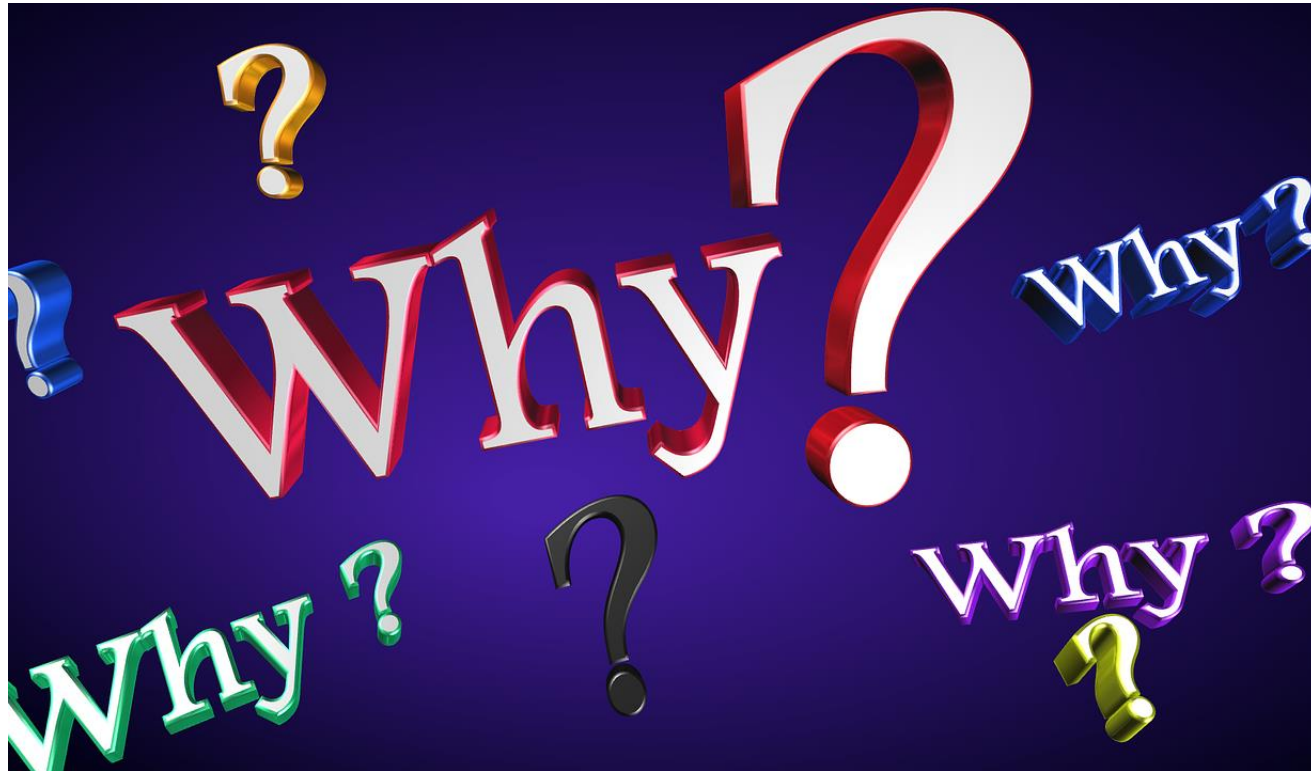
Change your habit, Charge your Life

How to get started: The Why, What, How, Where & When and, the Who?

To build a good habit is like planting the seed in the dark and taking care of it until one day it grows in the light.



Why is this habit important to you?



- Why does it matter?
- Why you want this for you or your child?

What is the actual habit I want?

- Noticing – Implementation Intention



How am I going to do this?

- Wanting – adjust physical environment (point of performance). Put the book on your bed to read one page(or one sentence) a day, put your phone in another room to go to sleep earlier. Have the apple on top of the counter, put your tennis shoes next to you bed.
 - Add **more steps** between you and **the habit you want to break** and **fewer steps between you and the habit you want to create.**



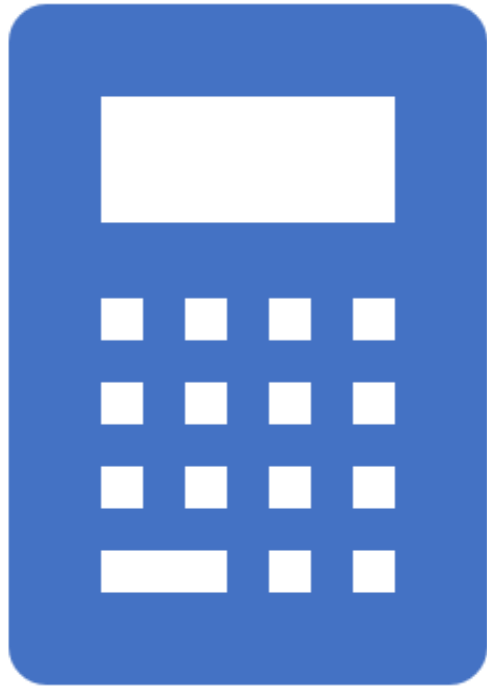
Where and When?

I will _____ on _____ at _____ in _____.
(intention) (day) (time) (place)

Give your new habit (steps) a time and place to live in you calendar.



Who?



Create A New System

- **Your outcomes are a lagging measure of your habits**
 - Your net worth is a lagging measure of your financial habits
 - Your weight is a lagging measure of your eating habits
 - Your clutter is a lagging measure of your cleaning habits
- Good habits make *time* your ally
- Bad habits make *time* your enemy

- The baby step can seem to make very little difference but the accumulation and consistency of the practice over a period can have an impact on the desired behavior. The effect multiplies because of the repetition.

Be concerned more with your actual trajectory than with your current results.



Plan to give yourself a reward(reinforcer) after completing a task, a part of a task that is difficult.

Use naturally occurring reinforcers

Pair aversive tasks with pleasure one

Partner with someone to do the task*

Rewards:

- Taking a walk
- Calling a friend
- Surfing social media
- Reading
- Out for coffee, glass of wine
- Watch TV
- Take a bath
- Order your favorite meal, dessert
- Go to the park
- Walk the dog
- Sleep
- Mani/Pedi
- Massage

By crossing the date after the step is completed, you get an immediate satisfaction (reward).

The “Never Missed Twice” (James Clear) or “Don’t break the chain” (Seinfeld) rule helps you to get back on track sooner.



WHEN GETTING STARTED IS THE HARDEST PART

STEP 1

Create a VISUAL CUE to prompt yourself to get started. My visual cue is:

STEP 2

PREVENT feelings of overwhelm. Break down your task into the smallest possible first step. My first step is:

STEP 3

Give yourself some REINFORCEMENT. I will reinforce this action plan by:

Use this page to set up a personal plan for TASK INITIATION



OWNING THE PROCESS

If your plan isn't working for you, remember that you're in control of it! Adjust the process as needed. Take advantage of your strengths. For example:

- Would this task be easier at a different time of day?
- Do you need to do something else first in order to transition into this task more smoothly?
- Are your cues annoying instead of helpful? If so, use a different cue!
- Are you still dreading starting this task? If so, break it down further.
- Would accountability from someone else be helpful?

THE TASK I NEED A PLAN FOR IS:

OTHER NOTES ABOUT MY PROCESS:



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How can you sustain a habit?

Hang out with the people (social/group/individual) where the desire behavior is occurring.