



Why Don't We Do What We Intend?



Brighter Horizons
GROUP

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ADHD is a **performance and motivation** disorder

ADHD people have problems **doing what they know**

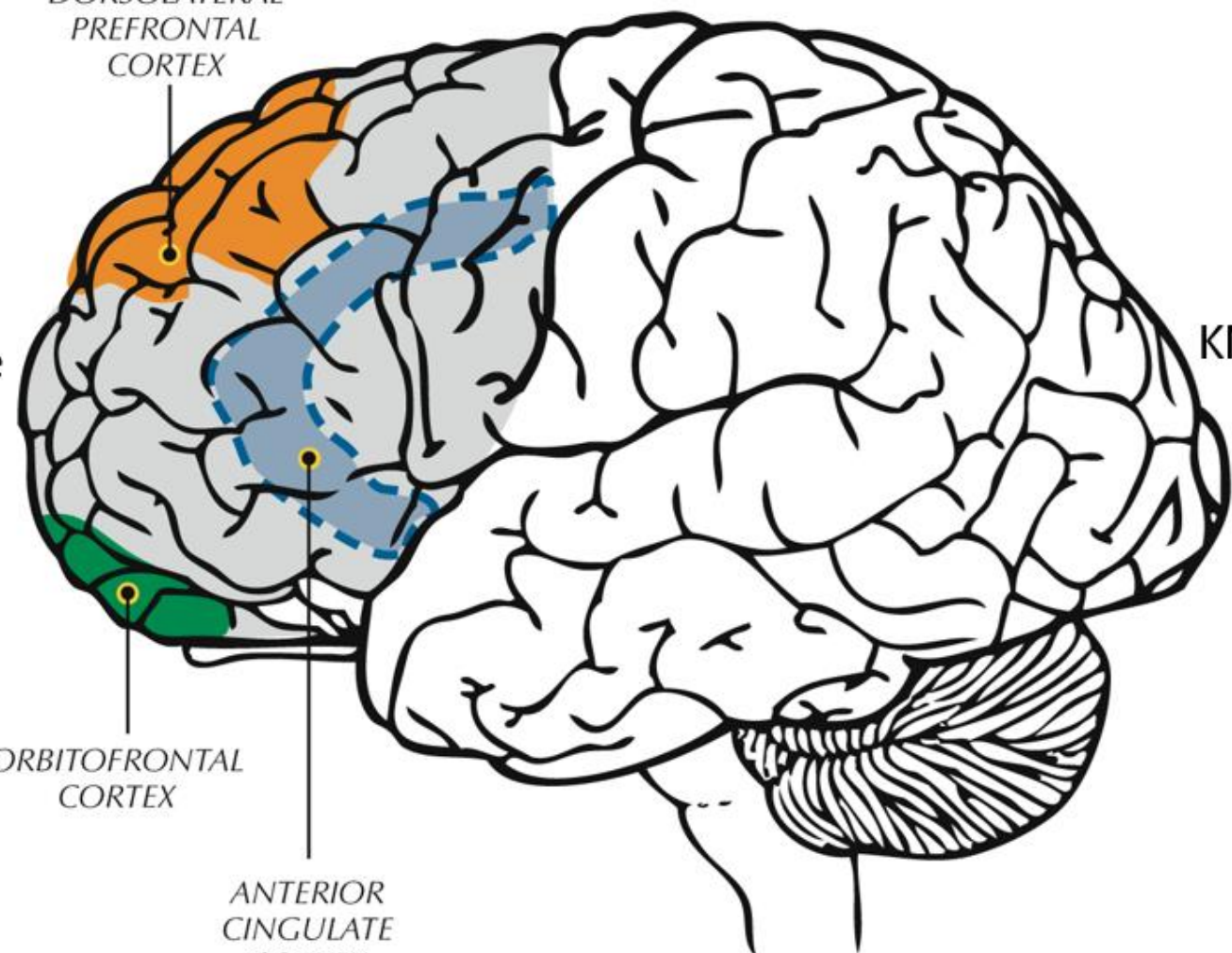
DORSOLATERAL
PREFRONTAL
CORTEX

Performance

KNOWLEDGE

ORBITOFRONTAL
CORTEX

ANTERIOR
CINGULATE
CORTEX



dopamine



Neurotransmitter that communicates via neurons feelings of rewards, motivation and being productive. Considered the happy hormone as they play a role in increasing positive moods and emotions.

endorphin



Released when you are feeling Physical pain that gives you a free moment of euphoria as a survival mechanism.

oxytocin

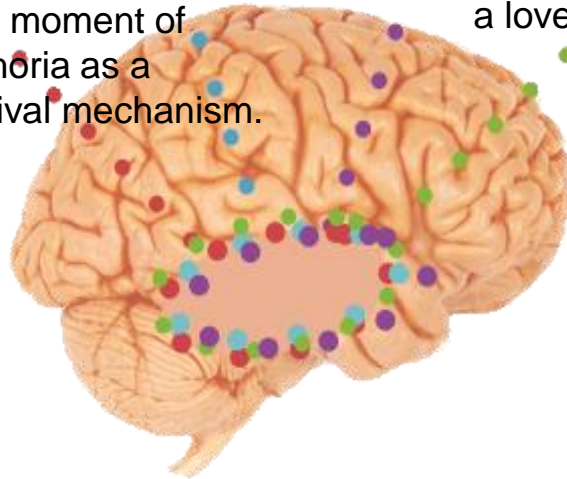


- Released when we feel trust.
- Physical touch of a love one

serotonin



Neurotransmitter that communicates via neurons feelings of happiness, focus, calm. Considered the happy hormone as they play a role in increasing positive moods and emotions.



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WHAT ARE FEW CHALLENGES

Lengthy, repetitive and boring task

Fear of failure

rejection

worry

disappointment

Sad

Anxious thoughts

Overwhelm

Shame

STRATEGY



POINT OF PERFORMANCE

Make all the information external

Have everything you need within arms reach of the task.

The fewer steps to what you are trying to do the better.





Don't say how important it is that they do something. They already know it!

Don't remind them of their errors with the hope they won't repeat it. They know their mistakes.


Don't say "should, need to"...

REFRAME IT

I WANT THIS BECAUSE...

STRATEGY





Why Don't We Do What We Intend?

Q & A

Thank You!



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