



YOUR KINDLE NOTES FOR:

Living Daily With Adult ADD or ADHD: 365 Tips o the Day

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103 Highlights

Highlight (Yellow) | Location 67

I need to realize that the criticism is about my behavior; it doesn't mean that I'm a bad or worthless person. clik

Highlight (Yellow) | Location 129

said that our focus center is different. Most people are able to focus on something if it's important; not us. Our focus center is turned on if something is personally interesting to us, or novel, or challenging, or has an immediate deadline and a heavy penalty attached.

Highlight (Yellow) | Location 141

Before I start a project, I ask myself "Why?" "What are the benefits of doing this project and what are the consequences if I don't?" "Is this the best use of my time?"

Highlight (Yellow) | Location 157

"Reframing" means to change the way I perceive or label something. That's related to "self talk", the things I say to myself in my head. I can say I have too much work to do today, or I can say I'm grateful to have a job.

Highlight (Yellow) | Location 159

I can choose to think that coming up with new things for my blog is a burden, or I can see it as an opportunity to exercise my creative self, expand my vision, and hopefully to help others. To say nothing of selling books.

Highlight (Yellow) | Location 195

Shame becomes an integral part of our ADD. It's deep within us and starts early in our childhood, when we couldn't meet the expectations of our parents, then our teachers, then others and ultimately ourselves.

Highlight (Yellow) | Location 208

Many of us who have ADD are not aware of it. We may think that's just the way life is; we may think that everyone lives that way,

Highlight (Yellow) | Location 240

We ADDers tend to get stressed, feel overwhelmed, and it's easy to feel down. It's also easy to get preoccupied with problems. When I note any of those feelings, I pray. I also practice laughing. I may think of something funny, or I just laugh. It really does make a difference.

Highlight (Yellow) | Location 248

"God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference."

Highlight (Yellow) | Location 438

It is said that most of us with ADD are blessed with creativity. Like many things, that can be a double edged sword, a blessing or a curse.

Highlight (Yellow) | Location 480

The strategy is to pick any task, anything, break it down into the smallest possible steps and do one. That breaks the log jam, we're moving again.

Highlight (Yellow) | Location 482

Each night, you want to be able to say, "Well, at least I did one thing today." If you break it into small enough steps, you can do it. Maybe just wash one fork.

Highlight (Yellow) | Location 485

Here's something of a puzzle. Our basic problem is that the focus center (attention center) in our brain is wired differently. Some of the symptoms that come from that are distractibility, procrastination, difficulty starting, and so on. Probably impulsiveness too. These symptoms cause difficulties in our lives. And we have struggled with those difficulties all our lives.

Highlight (Yellow) | Location 487

Then some of the consequences of all that are poor self-esteem and poor self-image, demoralization, paralysis. These things work together in feed back loops.

Highlight (Yellow) | Location 567

Life is full of uncertainty. We get anxious about the future. When I'm worried about something I have several strategies. One of them is to ask, "What's the worst thing that could happen?"

Highlight (Yellow) | Location 623

Small Tasks--- ADD Tip o the Day 84 . . . A simple rule- if you're doing a small task, don't let anything interrupt it until you finish. Make this a rule. If a distraction comes up, trying to lure you away, just write it down and finish the task. Get it done; cross it off. Or better, if it was small, maybe you never even wrote it down in the first place.

Highlight (Yellow) | Location 635

I don't use this often but it helps in those times: I make a small calendar of a week or ten days on the back of an envelope. Take the list of things that need to be done soon and put one in the box for each day. If the tasks are bigger than a day's work, I break them down into smaller steps and put a step in each day.

Highlight (Yellow) | Location 731

So one small step at a time is a way of coping with ADD. When the task seems overwhelming, just peck away. "The cow ate the rock, lick by lick."

Highlight (Yellow) | Location 749

Strategies to stay on task: Break tasks into small steps, focus on one at a time. Give yourself a reward every time you complete a task.

Highlight (Yellow) | Location 751

Figure your attention span; for most people it's about 45 minutes. Yours may be less. Schedule your tasks/steps with this in mind.

Highlight (Yellow) | Location 753

Label distractions – say "Oh, that's a distraction!" - out loud.

Highlight (Yellow) | Location 759

2. When we are under heavy stress, we will stop doing the things that help us handle stress (exercise, yoga, mediation, getting outdoors, etc.)

Highlight (Yellow) | Location 777

Be aware of this phenomenon and recognize when you're in a vulnerable state.

Highlight (Yellow) | Location 791

Writing things down, making a list, gives me some sense of mastery. It also gives some distance from the things, gets them out of my head and onto paper, and helps me see them in more realistic perspective.

Highlight (Yellow) | Location 793

If you're trying to sleep but can't turn off your mind, the worries keep hounding you, try writing them down. Then set the list aside and leave the worries there; you can look at them tomorrow.

Highlight (Yellow) | Location 801

Expectations --- ADD Tip o the Day 107 . . . I have a lot of things that I think I'll get done today. I won't. Writing them all down is a good idea; then I need to make a shorter list, five or less. Then I need to pick one and do it. When that one is done, the day has been a success. Then I can pick another one if there's still time. In coping with ADD, excess expectations set us up for failure and demoralization, which leads to more failure. Quote of the day: Expectations are just premeditated resentments.

Highlight (Yellow) | Location 839

Balance --- ADD Tip o the Day 112 . . . One of the measures of mental health is balance, not too much of this or of that. We ADDers have trouble with this. We need to set aside what we would like to do – watch TV, play computer games, play the guitar - which we would do all day long - for what we need to do – pay the bills, write the next chapter, clean out the computer.

Highlight (Yellow) | Location 898

Incoordination is not a basic part of ADD but it is a frequent accompaniment. The strategy for us ADDers is to be aware of this and to be careful; it's just that it doesn't always work.

Highlight (Yellow) | Location 903

Messes affect us. They lower our morale and make it harder to get organized. We think less of ourselves when we're living in a mess. We ADDers need strategies to help us cope with either cleaning up a mess or preventing one from forming in the first place.

Highlight (Yellow) | Location 920

When we're criticized we usually take one of two approaches - either we assess the information and see how we might benefit from it, or else we attack the source.

Highlight (Yellow) | Location 925

If we have ADD, we probably attract more than our fair share of criticism, and we're probably more sensitive to it. . . .

Highlight (Yellow) | Location 929

When I received the illustrations for the book, I noticed that some of them were pretty faint. Then I ignored it-that's denial. So I spent a lot of yesterday trying to get them fixed up so they would show up when published. Why didn't I listen to the little voice? I keep learning the same lessons over and over.

Highlight (Yellow) | Location 933

Why do I keep doing what I want to do instead of what I need to do?

Highlight (Yellow) | Location 941

So I'm doing something I enjoy, or maybe not; maybe I'm just killing time, avoiding doing what I need to do. Reasons: 1. I'm not sure I can do it – it looks too big, too hard, too complicated. Feeling inadequate. 2. I'm not sure I can do it well. Perfectionism. 3. I just don't want to do it, but that's often a smoke screen for the first two reasons. The strategies are the same - small steps, focus on one. I can also promise myself a reward after each step and also after the whole thing.

Highlight (Yellow) | Location 946

Feedback Loops --- ADD Tip o the Day 128 . . . Most everything seems to work in feedback loops. If we get depressed, we don't feel like doing anything. If we don't do things we get more depressed, which makes it harder to do things, which makes us more depressed. If we have ADD we have trouble getting things done (see previous posts). This lowers our morale, which makes it harder to do things, which lowers our morale, which ---. We need to use strategies to break these cycles, to interrupt the feedback loops. If we can get ourself to do one thing, anything, that starts an upward cycle. Yea!

Highlight (Yellow) | Location 963

I have a lot of regrets, things I did or didn't do. If we have ADD we probably have more regrets than most people. Some of things I regret I did from meanness or greed, but a lot were just from ADD. I did something with the best of intentions, and I messed it up or it wasn't a good thing to do. And of course, often there was something I didn't do. I need to forgive myself.

Highlight (Yellow) | Location 966

We humans are not programmed for forgiving. It seems to be one of the hardest things for us to do. But carrying all this stuff around just demoralizes us and makes it harder to do things, and it sets up the negative feed back loops.

Highlight (Yellow) | Location 970

Forgiving; it's hard. We need to forgive ourselves first, to learn how to forgive others. If we're struggling with ADD we likely have a lot we need to forgive ourself for.

Highlight (Yellow) | Location 973

Whose is the critical voice you hear? Maybe it's your harsh father? Can you can demote him and put your loving grandmother in charge of the criticism committee? What would she say? (Obviously modify this to fit your own situation.)

Highlight (Yellow) | Location 1008

Maybe this is a new strategy and maybe a new awareness, to notice danger spots before something does happen? I'll watch and see if this keeps occurring.

Highlight (Yellow) | Location 1024

That is the tip: Show up. Do your job. Quit worrying; you are not in control.

Highlight (Yellow) | Location 1037

That's how it was this morning. I had to stop, sit down, take a deep breath, pray, make a list, and remember that no matter how many things I need to do, I can only do one thing at a time. For us ADDers, the thought, "I have so much to do" is a red flag – we're in trouble, and we need to regroup.

Highlight (Yellow) | Location 1044

If we use willpower for a task, our will power will be weaker for the next task, and so on. So we become more and more vulnerable to impulses and poor judgment as the day progresses. Fortunately, the energy can be replenished by a nap, a break, meditation, or glucose, and

Highlight (Yellow) | Location 1068

Having rules to follow minimizes the need to make decisions, just follow the rule. Turning the rules into habits is even better. For example, I never have to decide where to put my keys; they always go on the front table - rule. And they say that minimizing decisions gives us better willpower. I hope so. Rules, habits, structure, routine – eliminate unnecessary decisions.

Highlight (Yellow) | Location 1079

For us ADDers, it's good to make the list and pick one the night before. When we wake up in the morning we don't have to ask, "What am I going to do today?" We already know. This decreases procrastination, inertia, befuddlement, getting off the track, distractions, and all the slings and arrows (errors?) we are prone to. And it decreases decision making, at least for when we first wake up.

Highlight (Yellow) | Location 1083

For ADD, the two most important lists are the list of five and the list of one. The next most important is the long list (everything you need to do). But there is also the list of three.

Highlight (Yellow) | Location 1105

There is a lot of controversy about diagnosing and treating kids for ADD. The teacher calls the parents and asks them to have the doctor get the kid some Ritalin, because he's driving her crazy. Meanwhile, the girl with ADD sits quietly, daydreaming, causing no trouble and ignored.

Highlight (Yellow) | Location 1139

We ADDers need to listen to the small voice and not ignore it. This is a tip I keep repeating, a lesson I keep learning.

Highlight (Yellow) | Location 1141

There are two main strategies for overwhelmed: 1. Make the big list, everything you need to do. Make a short list, the most urgent or important things. Pick one, maybe break it into small steps. Pick one step, usually the hardest, focus on that, forget all the rest, do it. Repeat. If you can't get yourself to do it, break it into smaller steps. 2. If you are really stuck, can't get started on that, just pick one thing at random, or else pick the easiest. Forget all the rest. Break it into smaller steps. Do the easiest one, just focus on it and do it. Then maybe you're ready to implement the first method, as above.

Highlight (Yellow) | Location 1150

read one of the paragraphs ("blurbs") in the little blue book (The Quiet Mind) nearly every time I come in or out of the office. It helps me keep on track and it's uplifting.

Highlight (Yellow) | Location 1153

PS - We also tend to have dyslexia, by the way.

Highlight (Yellow) | Location 1154

Stay Ahead --- ADD Tip o the Day 155 . . . I try to stay ahead. We're going to Houston; I'll pack the day before.

Highlight (Yellow) | Location 1158

I never know what's going to happen to interrupt my plans and my schedule, so it's good to have things done in advance.

Highlight (Yellow) | Location 1169

Is This Necessary? --- ADD Tip o the Day 157

Highlight (Yellow) | Location 1176

The book won't be perfect but it will be fine - good enough. Sometimes good enough is good enough.

Highlight (Yellow) | Location 1184

2. If you still think you might have it, find a psychiatrist or psychologist (I'm biased towards the psychiatrist, but the next part is crucial) that really knows about ADD (not all doctors, and not even all psychiatrists or psychologists do).

Highlight (Yellow) | Location 1252

One of the gifts of ADD is that we tend to be really good in a crisis. Why is that? Think about it - by definition, a crisis is novel, interesting, challenging and has a heavy immediate deadline. These are the things that turn on our attention center and we can focus, or hyper focus.

Highlight (Yellow) | Location 1271

If we have ADD, here are some things that are helpful: 1. Adequate sleep 2. Exercise 3. Meditation (though it's hard to do) 4. Massage 5. Journaling 6. Yoga 7. Structure 8. Spend some time outdoors 9. Prayer 10. And of course, strategies (Your Life Can be Better: using strategies for adult ADD/ADHD) click

Highlight (Yellow) | Location 1353

So if you can get a coach to help you cope better with your ADD, and a therapist to help you cope with the underlying shame or depression or whatever is feeding the anger, that should be a big help.

Highlight (Yellow) | Location 1374

Lists can help; you can list all the bad things and worries and then set the list aside. You can list all the good things, focus on them, and see if you can think of any more. In spite of everything, we usually have a lot to be grateful for.

Highlight (Yellow) | Location 1391

Baumeister performed experiments showing that various mental actions draw from the same "energy source" — gradually diminishing our ability to make smart decisions through the day.

Highlight (Yellow) | Location 1400

When I'm stressed, worried, feel overloaded, I look at the mountains and remark that they were here long before I came and they will be here long after I'm gone. This helps put things in perspective.

Highlight (Yellow) | Location 1432

Spotting – noticing and naming it whenever The Critic starts to speak- "Oh, I know what that is, it's just the old Critic again."

Highlight (Yellow) | Location 1436

6. Therapy is more a solution than a strategy. Learn where The Critic came from, why it's there and hopefully modulate it. It's useful to take an honest look at ourselves, but The Critic is not honest – just gives the negative side of the picture,

Highlight (Yellow) | Location 1440

Journaling --- ADD Tip o the Day 187 . . . Journaling has a lot of benefits for anyone. Probably the important benefits for us with ADD are that it's stress relieving and it also enhances awareness.

Highlight (Yellow) | Location 1443

I also find it useful when I journal to read an old entry from a few years ago to remind me of what was going on then. That often reminds me that things that seem very large at the moment can turn out to have been small or even trivial in retrospect, and that things tend to work out. This too shall pass.

Highlight (Yellow) | Location 1448

Arrrrgh!!! That drives me right up the wall. Research show differences in the brains of those of us with ADD. The

Highlight (Yellow) | Location 1486

Are learning disabilities a part of ADD? No, but we have more than our share of them, which makes sense since it's all about how the brain is wired, or miswired in this case. Dyslexia is common; I have frequent letter or number reversals; I read pretty well.

Highlight (Yellow) | Location 1504

"Childhood hyperactivity may manifest as adult inner restlessness, feeling on the go, or inability to relax." (I experience the giant flywheel inside that never stops spinning.)

Highlight (Yellow) | Location 1505

"Inattentiveness manifests in adults as distractibility, disorganization, being late, being bored, lack of overview(?)and difficulty making decisions; impulsivity as impatience, impulsivity, reckless spending, and/or starting or ending new jobs or relationships on impulse."

Highlight (Yellow) | Location 1619

See the Beauty --- ADD Tip o the Day 208 . . . Do you see the beauty? It's part of what makes life worth living, but often I miss it.

Highlight (Yellow) | Location 1690

Yes, we suffer from the expectations of others of how we should be functioning --"You just need to try harder."-- and the expectation that the same approach to education, work, marriage, etc. will work for everyone.

Highlight (Yellow) | Location 1714

What do we mean by spirituality? (forget Webster). Spirituality means, to me at least, an acknowledgment that there is something beyond our direct recognition that has an influence in our lives and which in some way we can pay attention to and relate to.

Highlight (Yellow) | Location 1718

On the more positive side, ADD tends to make us more creative and able to see a bigger picture and to notice more (the upside of distractible?) so we might tend to have a more open mind and be more accessible to spiritual experience.

Highlight (Yellow) | Location 1767

Slogans --- ADD Tip o the Day 225 . . . We all have self talk, don't we? It can harm us or be a useful tool. These are some slogans I've found useful in my own self talk:

Highlight (Yellow) | Location 1774

Have To, Need To, Want To --- ADD Tip o the Day 226

Highlight (Yellow) | Location 1912

Sometimes when I hear someone who is good, it's discouraging and it gets hard to pick up the guitar for a while. But I'm a lot better than I used to be. I've learned a lot, know a lot, can do a lot. Though not good, maybe good enough. Getting a little better every month.

Highlight (Yellow) | Location 1930

"What I was able to do was 'start again' and consider myself to be rock bottom at everything and be ok with this. From then on, rather like the "glass half-full" idea, I took anything and everything that I happened to do right or well as a bonus. If I made improvements in anything I learned – even if everyone else around me was better – I rejoiced and delighted that I had 'bettered myself'."

Highlight (Yellow) | Location 1954

We each need to identify the areas that cause us problems and then the strategies that work for us. That's the whole idea in a nutshell!

Highlight (Yellow) | Location 1989

Final words of advice you'd like to give us ADDers? Learn more about ADHD – read books (like Dr. Puryear's!) about ADHD, check out related websites such as CHADD's, join groups that are specific for adults with ADHD, find an outlet: exercise, yoga, art, and finally get help if you don't already have it – you don't have to deal with it alone.

Highlight (Yellow) | Location 2079

Comorbid --- ADD Tip o the Day 261 Comorbid refers to conditions that may accompany the primary problem, in our case, ADD. Here's a list of diagnoses that often accompany ADD: 1. Depression – our problems set us up to get depressed – so many failures, frustrations, and assaults on our self esteem, which is often low to begin with. 2. Anxiety, with or without panic attacks – we often feel so much pressure to perform, and feel that we're not cutting it or else we're not going to, and we get frantic and — 3. Addictions – many possible explanations, but we do have a higher rate of addiction than the vanilla people 4. Learning disorders – often dyslexia, sometimes dysgraphia (have you ever seen my handwriting?)

Highlight (Yellow) | Location 2090

We with ADD and ADHD have a 2.7 times higher rate of depression than the general public, where the rate is about 10%.

Highlight (Yellow) | Location 2092

2. Our continued failures and poor performances, along with the criticism and poor relationships, foster depression. 3. Possibly the genes involved in both depression and ADD overlap, so they appear together - possibly. 4. We have higher rates of substance abuse, and the two conditions also foster each other.

Highlight (Yellow) | Location 2113

Minimize contact with negative, critical or very anxious people.

Highlight (Yellow) | Location 2115

With ADD we're more likely to have learning problems – dyslexia, dyscalcula, dysgraphia. I have a touch of each. These are not actually part of ADD, they just seem to frequently travel together.

Highlight (Yellow) | Location 2129

1. A walk in the park every day, and some relaxing time with nature, which really helped to calm my impulsiveness. 2. To make note of things to do on my android mobile phone, add reminders, and try to do stuff before a reminder tries to alert me. Trying to beat the clock seem to work... 3. Dividing the day into chunks of one hour each and make a note on scrap paper about how well I used/ how badly I misused every chunk...

Highlight (Yellow) | Location 2135

Using music to relax as well as sing along the most difficult parts I had to learn. I still remember the list of hydrophobic amino acids I sang along more than a month ago.. i.e. alanine, valine, leucine, isoleucine, methionine, phenylalanine, tryptophan, proline.

Highlight (Yellow) | Location 2178

With my ADD, it's important that I learn to ask that question before I start something and even while I'm doing something – "Is this really necessary?" Is this really necessary? What's the payoff? What will happen if I don't do it? How does it help me move towards my goals? Is this the best use of my time right now?

Highlight (Yellow) | Location 2346

We with ADD tend to over expect, of ourselves. We underestimate how long something will take to do and overestimate how much we can get done in a day. Then we get disappointed with ourself and tend to feel overwhelmed by how much we have planned to do.

Highlight (Yellow) | Location 2376

With ADD taking notes is essential, like making lists. But we need strategies even for taking notes. For notes to be useful, they need to be legible, understandable, and locatable.

Highlight (Yellow) | Location 2467

One of the hardest things for us ADDers is to follow through, to finish, to persist after the novelty and the initial enthusiasm have worn off (is that one thing or three things?) One strategy is commitment. First, make sure the project/task/chore is really worth doing. Then decide to commit to doing it. Then try to lock yourself in.

Highlight (Yellow) | Location 2525

How To Fail At A Project --- ADD Tip o the Day 311 . . . I was talking with a bright man who was having real doubts about his ability to complete his latest project. He has ADD. We figured out how he could fail: 1. Continually think of the entire project as a whole, so it will seem overwhelming. Do not break it down into small steps and focus on one at a time.

Highlight (Yellow) | Location 2536

Getting There On Time --- ADD Tip o the Day 312 . . . We ADDers often have trouble getting somewhere on time. If it matters, and it doesn't always, here's a set of strategies that might help – you may need to modify it for yourself: 1. Write down everything you need to do to get ready to go. Estimate how long it will take to get ready. 2. Estimate how long it will take to get there. 3. Add the two numbers and add 20%. Then calculate what time you will need to start getting ready. 4. Set an alarm for a little before that time. 5. Once the alarm goes off turn off the TV and the computer and start getting ready

Highlight (Yellow) | Location 2574

Are you excessively sensitive to criticism? I am. Maybe ADD makes us extra sensitive; our self esteem can be fragile.

Highlight (Yellow) | Location 2677

Too many choices, especially with ADD– we tend to be creative and curious and have an interest in everything. Have to choose

Highlight (Yellow) | Location 2689

Scott Marx says: "I started another card where I list my goals. I can look at it and remember what my short/medium term goals are and that helps me choose what to do or even which other cards to look at.

Highlight (Yellow) | Location 2710

The dog poop principle (from the book) – I used to clean up the dog poop in the yard once a week. It was an unpleasant chore. Then I started doing it every 2 or 3 days, and it became much easier. Now I clean it up first thing every morning – it gets me outside, which is nice, and I start the day with having accomplished something, and it's no chore at all.

Highlight (Yellow) | Location 2745

Those of us with ADD easily fall into a down mood. I have a new mantra to help combat that tendency - At night : "Tomorrow is going to be a fantastic day, with interesting surprises and full of beauty." In the morning: "Today is going to be ---" Doesn't that sound corny, all touchy feely and new agey? It does to me. But it works.

Highlight (Yellow) | Location 2753

Victim or Master? --- ADD Tip o the Day 335 . . . Are you a victim of ADD? Or are you a master of it? I think a lot depends on your attitude, and it is a feedback loop. The more you see yourself as a victim, the less likely that you will do the things that will make you a master: 1. Acknowledge and embrace the fact that you have ADD. 2. Educate yourself and learn all you can about it; become an expert. 3. Identify specific problems and develop strategies to deal with them. 4. Find out what kind of help you need and get it – medication, coaching, therapy, get a friend or partner on your team. 5. Build the foundation – structure, scheduling, sleep, exercise, outdoors. 6. Build and maintain a positive attitude – the feedback loop, the more positive you are the more you will do these things and become a master and become more positive.

Highlight (Yellow) | Location 2784

We awaken each AM with a limited pool of psychic energy, which gets used every time we exert will power, make a decision, problem solve or calculate. Meditating adds to it.

Highlight (Yellow) | Location 2817

Those of us with ADD are more likely than average to have RLS, restless legs syndrome, and/or paroxysmal abnormal leg movements. These uncontrollable urges to move our legs, or these uncontrollable jerks of the legs, tend to happen just as we are trying to go to sleep.

Highlight (Yellow) | Location 2898

A chain is when you can't do B till you've done A.

Highlight (Yellow) | Location 3064

It is said that most of us with ADD are blessed with creativity. Like many things, that can be a double edged sword, a blessing or a curse. Yesterday, someone gave me a great slogan: "One mediocre plan is better than ten awesome plans."
