



ADhD

TRUTHS & SOLUTIONS

FOR ADULTS,

COUPLES AND

FAMILIES

ADhD

TRUTHS & SOLUTIONS

For adults, couples and families

By Diane Délina

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Dear Reader,

I have written this eBook to help you understand, in plain English, how the ADHD brain works compared to the non-ADHD brain.

When I discovered my kids and I had ADHD, it took me 12 years to find real help. I want you to have help now.

It is also my intention to give you quick and easy solutions to get you on your way to taking control of your life.

For more help and information:

Email: info@dianedelina.com

Thank you for purchasing
ADhD Truths and Solutions

A Bit About Me

Academic and Life Credentials:

I consider myself a knowledge junkie. I have taken courses on several topics of interest and worked at many great jobs. Learning and growing really interests me.

I have a Bachelor of Arts with a concentration in Gerontology (the study of being human/quality life from birth to death). I have a Bachelor of Education (I taught most subjects in elementary school for 16 years). I have a Social Service Worker Diploma (I am registered with the Ontario College of Social Workers and Social Service Workers). I am an Associate Certified ADHD Coach (from ADDCA) and I am a Licensed Erotic Blueprint Coach. My passion and purpose are to help people acquire their best life ever by bringing more peace, fun and pleasure into their lives.

I studied Theology in Alabama and was a Missionary for 7 years. I am a Certified Speaker and Writer, a Certified Doula, A Certified Weight Loss Coach, I was an Employment Counsellor, I have been an Editor, a Model, a Community Theatre Actress, and even a Competitive Tap Dancer, and there's more.

If you have ADHD, you understand 😊

I have been an Instructor of English for New Comers to Canada, a Service Canada Representative, a Rehabilitator for people in recovery from addictions, a Caterer, a Promotions Manager, a Wedding Planner, an Event Planner, a Wigger (fitting wigs) and probably a few other things I can't remember.

If I thought something would be interesting, I knew I could learn it and do it. Sometimes I was afraid, yet I always pushed past my fears. I have always been curious, adventurous, driven, resilient and creative. All great traits of many people with ADHD. 😊

I have also owned a successful clowning business, a cleaning business and now I have finally become the best me. I help others stop feeling like they are not good enough. Working together with my clients, we find their Superpowers and apply them to improve their lives.

I love being a Relationship, Sexuality and ADHD Coach and Counsellor. Loving people to wellness energizes me. With every client, I embark on an important new journey of transformations. It is a privilege to be invited into people's most vulnerable places to help them discover how amazing they truly are with their "Super Brain".

The Difference Between Counselling and Coaching

Counselling, which can also be called therapy, helps people find and deal with hurts from their past that are blocking them from moving forward. Maybe you react to things the same way you did when you were a child. Back then, that reaction may have protected you but as an adult it can prevent you from growing. Counselling helps find blocks, understand them differently and heal them.

Coaching is more about moving forward. Taking someone where they are and helping them get to where they want to go. More importantly, helping them become who they want to be. Many dreams are created and fulfilled in coaching. 😊

The two are different and both important. It is rare that someone can move forward all the way while they still have one foot in the past.

Here is a Little About Who I Am

Growing up not knowing I had ADHD

I am a creative, fun loving adult with ADHD. I am the mother of four grown children who also have different brains.

When I finally chose to learn about my unique brain wiring and discovered how awesome it was, I was so empowered that I just had to share.

Things that were noticeable in me from a young age:

- always looking for fun
- external hyperactivity
- very risky behaviours
- extremely creative - another idea every few minutes
- quick thinker
- very impulsive
- always needing to understand the why
- big lack of boundaries
- very passive
- lots of fears
- low self-esteem
- talked excessively and often drained people
- constantly doubting myself
- needing a lot of encouragement and nurturing
- extremely black and white thinking - sometimes explained as all or nothing behaviour

- interested in everything
- promiscuous
- extremely intelligent
- always curious
- socially awkward
- very intense
- too trusting
- avoided making decisions in fear of making the wrong ones

I grew up in the 70s when ADHD information was almost non-existent in Northern Ontario. I often felt rejected, unaccepted, and quite different. What happened because of these ADHD traits is a much longer story.

I tell you all of this to assure you that I speak from experience. I have lived a chaotic life with ADHD for over 40 years, before I learned management skills. My life was a mess! I pretended to be someone I was not. I felt set up for failure and that is what fueled me to search for answers. As I learned how to become the driver of my own life, I made it my mission to help people understand and embrace their incredible ADHD brain. Everyone is created to be awesome!

YES! It can be done, no matter how severe your ADHD; no matter how deeply in trouble you are. If you are ready for change, coaching can teach you how to self-regulate so that you can find a life of balance, peace, and happiness.

If you are a parent of a child with ADHD and feel that you and your child of any age, just cannot understand each other, coaching acts as a bridge between you and your child. Just remember to look for a **Certified** ADHD Coach.

Divorce is often harder for parents and kids with ADHD. Parents who put aside their differences and attend coaching, together or separately, can still build a happy family.

I do not diagnose ADHD and I do not debate whether there is a need for medication.

Some people do very well with coaching alone, while others need medication and coaching.

For some people, medication allows them to use their entire brain for the first time. (Laurie Dupar)

For clarity, I would like to explain that ADD was removed from the Medical Diagnostic Manual in 1996. The only diagnosis now is ADHD. What use to be ADD is now a subtype called inattentive ADHD. That just means that the person does not have outward hyperactivity and may seem to process slowly because they will often fall behind in school. They are often brilliant; they just struggle to pay attention.

Most of the hyperactivity is in the brain. The imagination of an inattentive often creates a world in their head, that is more interesting than the outside world. People around them may refer to them as day dreamers or being tuned out.

I am an inattentive and hyperactive, known as a combined subtype.

The other subtype is hyperactive without the inattention.

What is Needed to be Diagnosed with ADHD?

ADHD is diagnosed when two or more of the executive functions have created impairments throughout life. I have been told by many physicians that they do not get much training about ADHD.

Ask your physician what experience he/she has with ADHD. You can also check or call CADDRA to find out which doctors, therapists, or other medical professionals they have registered for ADHD training.

Often physicians rely on a questionnaire chart from the DSM and on recommendations that come from the Pharmaceutical Representatives. That is how I was diagnosed. A formal assessment by a psychologist can be expensive and often there is a waiting list of 6 months or more. Sometimes it is only helpful in school. Who does the assessment makes a difference? I suggest you ask other parents if their assessment was helpful for day to day issues and ask for referrals.

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The Non-ADHD Brain

In the non-ADHD brain, dopamine, a neurotransmitter, which is made in the middle of the brain, is transported to the frontal lobe to the executive functions, (EF), which I will explain below. It makes sure that all areas have the dopamine necessary to perform tasks when they need to be performed. In other words, when enough dopamine gets to an executive function, that EF can wake up and do its' job.

The non-ADHD brain has a filter. The filter's job is to help with the EF and to shut down when the brain cannot take anymore stimulation. You experience this when you start to slow down and get tired. It also prevents an overload of irrelevant information to get to the higher cortical centers of the brain. This means it protects your senses from getting over stimulated by the outside world.

I see this filter as a little person that takes in all the information the senses input, throws some out and files the rest for later recall.

The non-ADHD brain can stay focused whether it is interest in something or not. It can usually rest and sleep well.

The ADHD Brain

In the ADHD brain, some dopamine is getting to some areas of the EF. There is no way of knowing how much is going where except by recognizing specific impairments.

Here is an example: If one person is getting most of the dopamine to the area of organization, that person will be able to organize their closet, their look, their day, parties, events... If someone is getting little or no dopamine to that area, they will be impaired when trying to get organized in various areas of their life. It is not their fault. Their brain cannot do it without the required dopamine.

That is why every ADHD brain is unique!

The ADHD brain does not have a filter. Information enters the brain and swirls around like a tornado. Everything enters from our senses at the same level of importance/priority and no one throws out the trash. Negativity and over stimulation are often a problem. This also makes deciding anything difficult. Sometimes it is easier to not decide or to follow others.

The ADHD brain also functions by interest. If the brain is interested in what is going on, it will engage fully and often will not want to disengage for any reason. When the ADHD brain is not interested in something, it neurologically refuses to engage. The more the person tries to focus, the more the brain will shut down. When this happens, it is no one's fault. There is missing dopamine to that area. The person is not bad or lazy. They want to get things done too. Be compassionate and kind.

No one wants to upset people by not paying attention or by talking excessively or anything else. Quite the contrary. Be compassionate and kind.

Frontal Lobe Function?

What Does That Look Like in Real Life?

Much of this research comes from Dr. Thomas Brown. I am not going to use the big fancy words for the centers in the frontal lobe. I am going to explain this in my own words, and I will give you examples of how each center can affect real life. Remember that everyone is unique. The examples are mostly taken from my life.

In the frontal lobe are the centers for organization, prioritization, decision making, activation, motivation, completing tasks, effort, regulation of emotions, memory, focus, impulse control, processing environmental and internal stimuli, self-awareness, planning, problem solving, motivation, initiating, finishing, processing info and learning, transitioning from one thing to another, recalling information and let's not forget the issues of over focusing, fidgeting and more.

While all of this is going on, your brain also must make sense of everything it takes in without a filter. The child or adult is also expected to do the 'normal' daily tasks of life like people with non-ADHD brains. Is it any wonder we get overwhelmed, burned out and deflated?! This leaves many with ADHD asking themselves, "What is wrong with me?"

Well you are no longer alone to figure this out

Let me show you how this plays out in real life:

Problem - Imagine all information from your senses, entering your brain at the same level of importance and spinning around, distracting regular thought processes. You are also carrying feelings from negative comments people have made because you could not meet their expectations. You have no way of prioritizing what is more important or relevant now. You will focus on the negativity so much that it will affect your self-worth and confidence even more. You often doubt yourself and everything you do. Yet you are trying to fit in and appear “normal”.

Now try to select what you want to eat from a restaurant menu; try to think of what you are supposed to do next; try to find your car keys. Chances are, while you are trying to make sense of the information twirling around in your head, you won't know where you put the keys, you won't remember what you were supposed to do, and you will struggle to select one thing to eat from the menu. The more decisions you are asked to make, the more overwhelmed you will be.

Solution

Only look at two or three options. Ask yourself the questions on the Daily Solutions Chart below and start to trust your decisions.

For children, only give them 2 choices and be noticeably clear. Would you like to do this or that? We can eat this or that?

Problem - It works the same way when wanting to start a task or when trying to recall information even if it has only been a few minutes since you were given instructions or asked to do something. The chaos inside the brain is always there. It is very distracting and often skews perceptions. Do not get upset that we need you to repeat things often.

Solution

I recommend asking for written instructions that follow a sequential order or writing a list yourself. This is especially important for daily tasks such as morning and after school routines, work routines and/or procedures for getting tasks done. You can make a chart and put pictures on it. Keep it basic with 5 or 6 things only. For kids only 2 or 3 things per chart, per room. Make tasks fun!

Problem – Not meeting expectations. It is important to note that with ADHD, the brain, which is the physical component of the body, sometimes misfires and that makes it hard for the mind, (the who of the person) to act the way they would like to act. The person may react to something rather than respond. Impulses take over.

Remember that this is neurological, not behavioural. The daily checklist at the end of the eBook can help with this.

Most ADHD children and adults hate that they cannot be like other people. They may get discouraged/deflated/angry/sad. They get overwhelmed and think they are not good at anything. They ruminate. The tornado gets so big, they may have a meltdown.

Solution

Allow them their feelings, give them space, ask if there is anything you can do to help. It is not about you. They are in crisis. NO ABCs (accusing, blaming, criticizing). Show someone with ADHD compassion and focus on their many strengths and talents. Point out their successes, be positive and have fun with them. Keep it simple and light.

Problem - Sometimes emotions are all over the place or they just are not there at all. Yep, if it does not relate to me, I may seem detached. It does not mean I do not care. I just cannot relate and have no opinion about that. We need to learn to say to someone, "I still love you even though I don't have a response for that. Is there something I can do to help you?"

Solution

Always give her/him the opportunity to be heard. No ABCs (accuse, blame, or criticize), do not ask why. We may not know why. Fairness is extremely important to people with ADHD. Whether they process slowly or quickly you must take the time to listen without distractions. Turn everything off.

Questions that begin with 'what' or 'how' are best to help someone make sense of what they are thinking and feeling at that time. Remember that the person is trying to make sense of everything going on in his/her head, and making decisions is difficult. Ask one question at a time. Allow the person to process and answer before asking another question. Really listen to the answer, be thoughtful and patient. Show compassion.

Problem – You can not focus on what you want to do. Maybe because you just are not interested. It is boring you like crazy.

Solution

To help with listening, quiet fidgety toys or doodling can be beneficial. While the brain is stimulated by activity, the person can focus on what is going on. For getting things done, make it fun. Create a challenge. Take a 10-minute break to do something fun every 30 minutes. (Check the fun list below for ideas). You will be surprised how much more you accomplish.

Two or three liters of water daily, natural food and vigorous exercise help focus and sleep. Eat protein at every meal, cut refined sugar out (use honey, stevia, coconut or raw sugar, or maple syrup instead) and be careful of gluten. Four or five fresh fruit a day, and four or 5 cups of vegetables cooked, or raw, especially green ones are recommended daily for best brain health.

Problem - You need to work in a quiet environment, and it is noisy.

Solution

Use headphones that block out noise. Go outside or to the library.

Problem - You need white noise to accomplish tasks.

Solution

Get great headphones and put whatever music or white noise you need. I suggest instrumental.

Problem – You are easily distracted by movement around you.

Solution

Find a location that has less movement or ask if you can work in a quiet area or room. Get a divider. Pizza boxes can make great dividers. **Turn off** all media or have others wear headphones.

Problem - You need more time to process information and make decisions. You end up doing what others want even if it is not what you want because you cannot decide on the spot.

Solution

Do not decide anything on the spot. Tell someone you will think about that and get back to them in a few hours or tomorrow. Do not forget to get back to them. Use the Daily Solutions below to help with this. Most people do not decide everything on the spot. It is thoughtful to ask for time to think something through.

Problem - Change is difficult whether it be a small change in your day or a big life change.

Solution

Deep breathe, as explained in Daily Solutions below, take a walk or talk to someone. Find a way to make the change a fun adventure. Ask for help. If you have a loved one with ADHD, find thoughtful ways to give them a heads up before any change happens if possible. **WHAT YOU FOCUS ON GROWS!** Focus on the end result. Spend time in nature.

Problem - You have a problem with your temper/melt downs.

Solution

The best thing to do is to breathe long, slow breaths. In through the nose and out through the mouth. Change the situation by focusing on something else and by changing locations. Going outside is helpful. Let the people around you know you do not want to talk right now. If you need time alone or you need time with a specific person, ask for it. Let your needs be known. Do not get on social media and tell the world. Go inside of yourself where the answers are. Journal or record your thoughts and feelings. Ask yourself, where is this feeling coming from? When have I felt it before? What was that about? How is this situation similar? What can I control? When this feeling comes up, how can I deal with it differently? You may need help from a Counsellor or Therapist. Make sure they are ADHD knowledgeable. It makes a huge difference. In Canada, check CADDRA.

Problem - You can not motivate yourself to get something going or completed.

Solution

Put a timer on and chunk the work. That means start with something you find fun for 30 minutes or less, work for 20 minutes, then do something fun again for 10 minutes and work for 30 minutes, do something for 10 minutes and keep that pace. If you struggle finding fun things to do that are 10 minutes or less, make yourself a list and tape it to the wall and use it. It is better to activate the brain if these things are active. Fun things can be dancing, running up and down the driveway, screaming and jumping around, rubbing your hands together, telling yourself how great you are, making funny faces in the mirror. Whatever is fun for you. Remember to use the timer. Keep the 10 minutes of fun and 30 minutes of work going until the work is done. You can change up the time combination depending on the task. Also avoid distractions. Turn off all media and phones for blocks of 90 minutes or 2 hours. It really does make a big difference.

REMEMBER! To the ADHD brain, FUN IS POWER!

Problem – Cannot make great decisions or feeling overwhelmed.

Solution

This is a great way to filter every thought and decision you have to make. Use it for everything, good or bad. Use these 3 questions to help you make great decisions for yourself. **DO NOT ASK OTHERS FOR HELP.** They will not know what is best for you.

Question 1 – What am I thinking about this? Be honest with yourself.

Question 2 – How am I feeling about what I am thinking? Use a feelings chart to get specific. No likes or because. Just two or three feelings. Check Google for a feelings list or chart.

Question 3 – What do I want to do about this? If the situation is past, ask what other solutions there could there have been. If you made a mistake, you can usually repair it.

Example: I am thinking I really do not want to do that.

I am feeling pressured, overwhelmed, judged.

Now you are going to think of 4 solutions for this decision. One is always to do nothing and see if the universe will take care of it. Two is doing it anyway. Think up 2 or 3 in between solutions and follow the one that aligns best with who you are. In this example, you would **NOT** do it. Any time your body is stressed in any way, it is telling you not to do something. You can use this to prioritize too.

More Truths

To anyone who has someone in their lives with ADHD, praise that person often for anything done well. Celebrate even the smallest successes in their lives. Let them feel welcomed and enjoyed in your life. Keep the lines of communication open. Have a lot of fun with that person. Get curious about them and ask questions to really know what they are thinking and feeling. Love that person well. That will energize and allow them to be authentic. ***Use your words to build up, not to tear down.***

Adults and children with ADHD do not need punishment. It does not help them learn to self-regulate. Sometimes the way someone with ADHD feels is punishment enough. Instead be quick to forgive and ask, 'What do you need from me?' That is music to MY ears. Allow them a do-over. 😊 That sounds like this: Hey, I hear you and see you. Could you please leave the room, think of what you really want to say and come back with the right words and tone? Make it light and easy. Discussing these solutions ahead of time is best.

ADHD can be a paradox. One day someone may perform very well and the next day the person may not get much done. Show compassion. Ask what you can do to help.

Without proper function of the frontal lobe and not having a filing system or a filter, the person must learn brain management through outer systems. The same systems do not work for everyone with ADHD. This is unique to each person and every situation.

Keep trying new systems for a month at a time until you find systems that work for you. Be consistent. Parents/partners do not take things personally. This is happening to your child or to your partner, they are not doing it on purpose.

It is neurological.

WHAT YOU FOCUS ON GROWS!

Do you want to grow problems or solutions?

Connect with Diane on Facebook
<https://www.facebook.com/CoachDianeD>



If you would like to work together to improve your ADHD management skills, I can be reached by email at:

info@dianedelina.com

I am available to give workshops and presentation for your community, workplace, school, or organization in person or through Zoom.

Reach out to me for more information.

Follow me on:



I am not a doctor. The suggestions made in the eBook are recommendations from my research and experience.

Consistent, daily practices to help you manage ADHD, are from my personal and professional experiences and knowledge.

Do not implement everything in this book at the same time.

I suggest choosing one thing at a time and making it a habit before you start working on another one. It is said that it takes at least 21 days to set a new habit and three months for it to become a regular part of your thinking. When I say habit, it means you do it every day. If you miss one day in the 21 days, you need to start over at 1 the next day.

Be kind to yourself and laugh a lot as you embark on this journey.

Print this daily checklist and tape it where you will see it daily. Use it!

Envision what your life can be like when you are in control of yourself.

PARENTS, children model what you do. They retain about 10% of what you say. Talk less and do more. Use the solutions here in your own life. Use the checklist as a tool to create good habits in your home for your child or children. They do not need to know the details or names of what you are doing. Make it a family time. Keep it fun!

Just do it and invite them to do it with you. In time, they most likely will follow if you make it fun. Do not be too serious. Be consistent.

Daily Solutions that Work Checklist

- Journal what you are thinking, feeling, and doing briefly. Keep your thoughts, feelings and actions aligned. Journal your successes no matter how big or small. If you prefer, you can record your entries on your phone or on another recording device. Parents you can do this with your children. If you get down, listen or read your celebrations.
- Deep breathe a lot. In through the nose, like you are smelling a flower as deep and slowly as possible. Hold for a few seconds then breathe out through the mouth, slowly like you are blowing bubbles.
- Find 3 different things you are grateful for each morning and each night before bed. Tell someone about them. I suggest you keep a gratitude journal. A negative and positive thought can not live together in your brain.
- Get outside to enjoy nature.
- Move at least 60 minutes per day. Start with 10 minutes if you need to and work your way up to an hour. This can include swimming, brisk walks, running up and down stairs, dancing, biking, sports... If you do these with your family or a friend, it might be more fun.
- Remember that refined sugar is like poison. So are diet products. Maple syrup is a great substitute full of antioxidants, stevia,

coconut or raw sugar, and honey are good too. Fill your body with more natural foods. Protein with every meal and 4 or 5 cups of raw or cooked greens per day. Drink 2 or 3 liters of water per day. If you have caffeine, drink more water.

- Getting to bed when your body is tired, not your mind. That is often by 10/11 pm if you need to be up by 6/7am. Journal if you cannot sleep. Get those ideas out of your head. A bath an hour before bed can be relaxing. No screen time 2 hours before bed. The sleep you get before midnight is better sleep. See the sleep chart below for guidance on when to put your child to bed. Children up to the age of 8 or 9 may need to be in bed by 7:30or 8pm. That means starting bedtime routine by 6:30 or 7pm. Drinking a lot of water throughout the day helps have better sleep. A dehydrated body will struggle to sleep well.

<http://www.tipmom.com/bed-time-chart-children-5-12-years/>

- Very crucial is having fun often in a day. FUN IS POWER! It boosts dopamine.
- Meditation for 5 to 20 minutes a day reboots the brain. I love the Honest Guys on YouTube. Moving meditation is when you focus on one thing. Example: walking focusing on how the bottoms of your feet feel. Rocking, focusing on the back and forth movements. You do not have to be still
- If you take medication, remember to take it and chart how it is working for you. My favourite chart is attached with permission from Laurie Dupar.

Remember to celebrate the things you do well. Forgive yourself for the things you forgot and do not worry about perfection. ***We are all a work in progress.***

Respect yourself, be kind to yourself, love yourself and

HAVE FUN!



LAURIE DUPAR
COACHING
FOR **ADHD**

Weekly Medication Log

*Fill out **daily** to track medication effectiveness

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	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Name of Medication:							
Dose of medication:							
Number of tablets:							
Time(s) you are taking the med:	AM: PM:	AM: PM:	AM: PM:	AM: PM:	AM: PM:	AM: PM:	AM: PM:
Time medication wears off?							
How many hours of sleep did you get last night? Hours of Nap?	sleep: Nap:						
Rate your Mood today 1 (bad) to 10 (great)							
Rate your irritability/agitation 1 (a little) to 10 (a lot)							
Rate your ability to Concentrate/Focus today 1 (a little) to 10 (a lot)							
Rate your Memory for today 1 (a little) to 10 (a lot)							
Rate your Energy for today 1 (a little) to 10 (a lot)							
Rate your Ability to complete tasks 1 (a little) to 10 (a lot)							
Rate your Motivation/Incentive 1 (a little) to 10 (a lot)							
Rate your Appetite 1 (a little) to 10 (a lot)							
Rate your Impulsivity 1 (a little) to 10 (a lot)							
OTHER...? NAUSEA? HEADACHE? TICS?							

