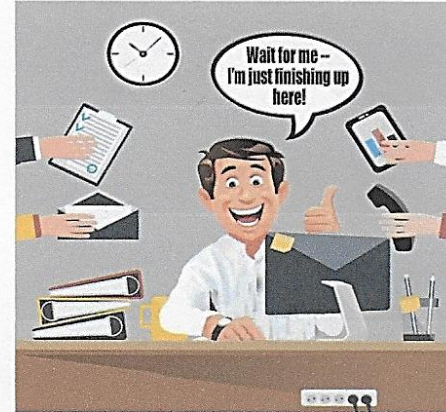




Stop Lying To Yourself (And Others) -- How To Keep Your Word When You Have ADHD

See if you can pick out the many instances of self-deception in the scenario below. How would YOU handle this situation?



Background: You've got a checkered work history due to your ADHD and your bank account is nearly depleted because you've been unemployed for the past four months.

You have a close, but cautious relationship with your dad, whom you rarely see, though he lives less than an hour's drive from you. Your main issue with your dad is your deep-seated feeling that, while you know he loves you, he sees you as a person "who just can't get your life together." He doesn't seem to "buy into" your ADHD diagnosis: he thinks you're just disorganized and lack self-discipline.

You know the truth: Managing your life isn't easy because you struggle with impulsivity and are easily distracted. Sometimes you feel so smart, driven and focused; however, there are times when everything seems foggy and confusing and it's a struggle to accomplish much of anything. You don't always eat right because it's hard to figure out what to buy at the grocery store; you tend to grab fast-food meals a lot, especially when you're really busy. You are well-liked by your many friends, though you fear some of them see you as a bit flaky because you're often late for group get-togethers, eventually arriving frantic, disheveled, and embarrassed at showing up empty-handed when you'd promised you'd pick up a bottle of wine or card or something.

Scenario: It's Thursday evening and you're happy but exhausted from the round of job interviews you'd just completed this afternoon that led to you securing a position at a great company. You're too tired to do much now, so you plop off your shoes and plant yourself in front of the television to catch up on some shows you've recorded. You're hungry, but don't have much to eat in the house, so for now you grab a box of cereal and bring it to the couch to eat dry. You know you'll need to buy groceries later or pick something for dinner.

Your dad and his long-time girlfriend are planning to drive in this weekend to spend Sunday with you. You're excited to see him to let him know you just landed a promising new job.

Your home is in disarray with clothes and dirty dishes everywhere because your recent focus has been on succeeding in the interviews, which you did. You are off tomorrow and you've mentally assigned tonight and tomorrow for "personal errands and for driving to IKEA in the



suburbs to purchase a new lamp, some new rugs, and maybe some other stuff you need for Sunday when your dad comes to visit. You also need to clean the house and figure out some meals to make when your dad visits because he and his girlfriend are staying all day. You rarely cook for others and you're a bit nervous about that. You're excited but anxious about having him "see the place."

Additionally, your sister and her kids may drop by too, but you kind of hope they don't because the stress is starting to mount...

You also need to take care of some paperwork and watch some training videos for your new job. You look briefly at the "New Hire Packet" your new employer handed you yesterday, still in the sealed envelope, and you tell yourself it's no big thing. You're pretty sure the forms and videos should take you maybe 45 minutes to complete, more or less. You figure that since you'll be busy Sunday with family, so you'll do it Saturday afternoon after your 12pm yoga class and before meeting your friends for dinner around 6pm at that place your friend Sandy picked because it's her birthday. You've never been there, but you assume it'll be close. You're counting on it...