

ADHD Dimensions Defined

Having ADHD can be compared to owning a company without anyone in charge. There is work to be done, but no system in place to ensure anything actually does get done. Some days go well, some days...forget about it!!

The dimension system helps people with ADHD determine priorities when their own brains feel too tangled-up to figure out what to do next. It's a step-by-step process to help clear out the fog and move forward. It works like this:

Step 1: Start with self-care. Dimension 1 refers to our mind, body, heart, and soul. We need to eat right, get enough sleep, and maintain a spiritual connection with God (faith). This is the foundation of our ADHD success plan (See Figure 1).



Figure 1

Step 2: Now that you're ready for more fun and challenging stuff, we move on to dimension 2, our immediate environment, including the people, places, and things within this area. Dimension 2 is a shifting dimension – it refers to our environment at the moment. So, if you're home, dimension 2 is your home; if you're at your job, dimension 2 is your workplace; if you're outside, dimension 2 is the area surrounding you at the moment, and so on (See figures 2 and 2a).

So, say for instance you're home and have nothing urgent to do for the next several hours. Because your first priority is to attend to your dimension 1 needs, you know that taking a nap if you're tired is a higher priority than say, vacuuming the living room.

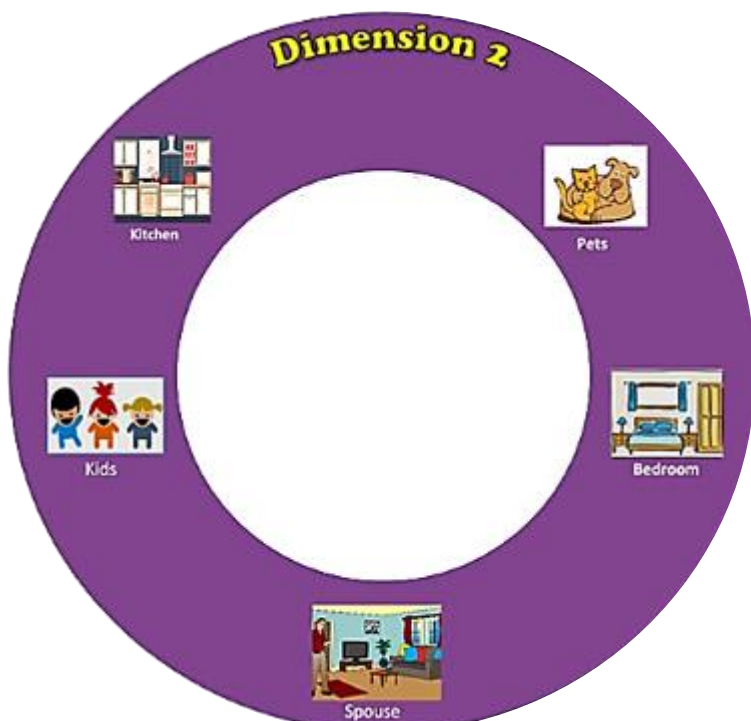


Figure 2, Dimension 2 (home)

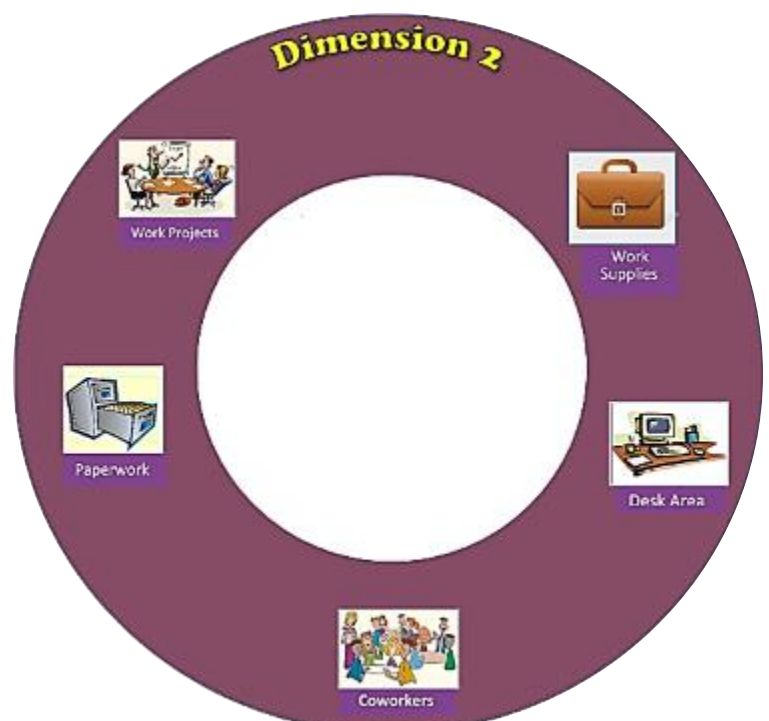


Figure 2a, Dimension 2 (work)

Step 3: Now that you're managing yourself and your immediate environment fairly well (perfection is a myth AND a waste of time!), we're ready to expand our scope of influence to the world outside our current cocoon. Dimension 3 refers to people, places and things that are not a stone's throw away at the moment (see figure 3 for an example of what dimension 3 might look like you're home).

So, for instance, if you're home and your kids are at school, they're in dimension 3 at the moment. It doesn't change your love for them, but you need to focus on the here and now, which means tending to responsibilities at home, such as, perhaps, cleaning the kitchen. Similarly, if you're at work, and your kids are at home in dimension 3, you need to stay alert to the needs of your job at the moment. Unless your work is completely done and you're twiddling your thumbs at your desk, now's not the time to worry about planning your child's 7th birthday party. You can only be in one place at one time!

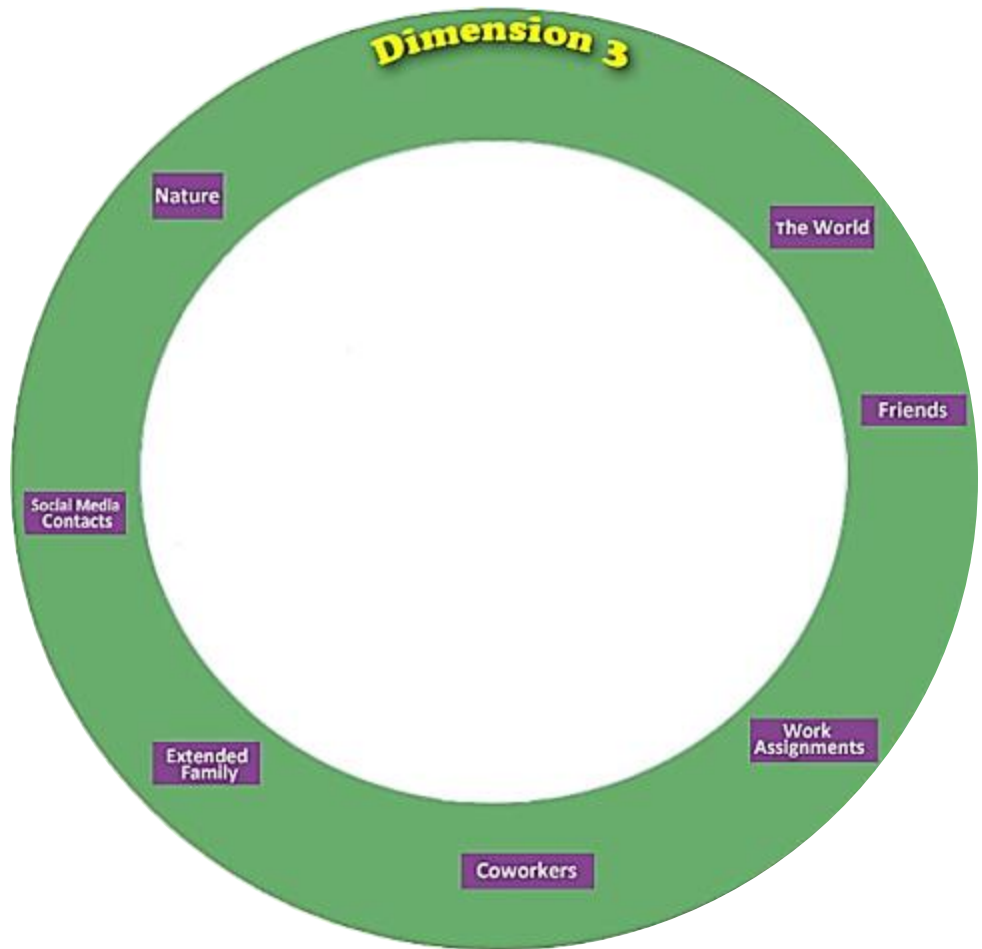


Figure 3, Dimension 3 (from home, perhaps)



Figure 4

Step 4: Be aware of the time! ADHDers tend to get "time drunk;" that is, we tend to get so involved in things that we neglect other things we need to do. Time is dimension 4 (see figure 4), but it's a different animal than the first three. Time always wins!! So, when prioritizing, weigh your options based on the first three dimensions, but remember that the clock makes the final decision. For example, say you really need to wash and blow dry your hair, but you need to catch a bus to get to work in 10 minutes – you forego washing your hair –even though that's a dimension 1 activity – and get to the bus stop ASAP!!!

Step 5: Putting it all together (see figure 4a).



Figure 4a

We're not done yet—the exciting part is next....

Do you remember I mentioned something in the video about a 5th dimension? Well, there is a fifth dimension beyond that which is known to humankind (see Figure 5). “You unlock this door with the key of imagination.....”

For our purposes, let’s call this the ADHD Zone. This is the timeless space where our creativity takes flight, the space where our brilliant ideas live and breathe... Where all the dimensions come together for us and the magic happens!!!



Figure 5