

Coaching ADD with Sharon

Newsletter #10

Impulsivity

April 4, 2007

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Dear Friend,

ADD coaching can be an important step in working through the issues of attention deficit disorder. Medication can help with focus, but it does not improve issues such as disorganization, time management, forgetfulness and rumination. Coaching helps you through these issues one step at a time to improve your overall quality of life.

Coaching can be a positive component of a multi-modal treatment plan. Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at www.coachingaddwithsharon.com for additional information about me and how coaching can help you.

One of the symptoms that people with attention deficit often deal with is **impulsivity**. Do you continuously lose your temper easily, spend money on things you later regret buying, start projects that you never finish? Here are some basic suggestions for helping you work through your impulsivity, one step at a time.



Impulsivity



1. Are you easily angered when something doesn't go right, you make a mistake, or when someone says something that upsets you? This usually leads to later regret that you overreacted in a way that hurts others and uses up a great deal of your emotional energy. Make a list of the things that make you react impulsively. Then try to figure out what it is that you are feeling just before you explode. This is called a *trigger*. When you learn to recognize your trigger, then you can practice controlling it. An example would be making a tight fist, or visualizing something pleasant as soon as you feel your trigger instead of exploding.

2. Impulsive purchases can be an expensive and frustrating experience. When you are grocery shopping, always have a menu and grocery list before going to the store. This can drastically reduce the number of impulsive purchases. When making other purchases, try asking yourself: Do I really need this? Why do I feel I want this? Can I afford this? Or any other questions that you feel will help you to restrict the impulsive purchases.

3. Before starting any type of project, make a plan for it on paper. Then list the pros

and cons of what you are planning to do. Next, list the steps necessary to complete the project. These steps can save a great deal of time and they may keep you from starting things that you could lose interest in before you finish them. This process can also save you time at those projects that you do take on by helping you to tackle them in an organized manner.

4. Let the answering machine take your calls when you are rushing to get out of the house. ADDers are notorious for being late. If you make it a habit to resist the impulsive urge to answer the phone when you are already running late, you will save yourself a great deal of frustration and anxiety.



Impulsivity can affect our lives in ways that we do not even realize. Not only does it lead to the waste of time and money, but it can create relationship problems when we explode at someone and say something that we later regret. It can even affect our ability to keep a job. If you are dealing with the frustrations of impulsive behavior and would like to experience life differently, coaching can help.

"Don't Let What You Can't Do Get In The Way Of What You Can"

Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site www.coachingaddwithsharon.com or email me at sharonh75@optonline.net.

I'm Interested in Hearing From You!

As part of my bi-weekly newsletter, I would like to know if you have questions or experiences to share. Other readers can benefit from answers to the questions or situations you have successfully dealt with. Please e-mail me at sharonh75@optonline.net and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell

A handwritten signature in black ink that reads "Sharon Howell". The signature is written in a cursive, flowing style.

Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit](#)
- [CACLD \(CT Association for](#)

Disorder Association)

Children & Adults w/Learning
Disabilities)

- Dr. Daniel Amen and the Amen
Clinics

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