

# Coaching ADD with Sharon

## Newsletter #15

The Positive and Negative Sides of Hyperfocus

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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](http://www.coachingaddwithsharon.com) for additional information about me and how coaching can help you.

**Hyperfocus** is a super intense form of concentration. It can be both a good thing and a bad thing. Are you aware of what you hyperfocus on and why?



### *The Positive and Negative Sides of Hyperfocus*



**Hyperfocus**, has a positive and a negative side. Positive or good hyperfocusing is when we are in an intense state of concentration that leads to completion of a task. Being able to focus on what you are doing well enough to block out the distractions around you while you complete a task is a very worthwhile trait.

The negative or bad side of hyperfocus is when the intense level of focus leads to rumination (attention to negative thoughts that can immobilize you). A thought enters your mind about something that someone did or said that bothers you. Suddenly it is blown out of proportion. The more you think about it the more upset you become. You can't think about anything else but that and you are immobilized with anger, fear, revenge or sadness. People with ADD often experience negative hyperfocus. What can be done about it? The best way to deal with negative hyperfocus is to start paying attention to what you were doing prior to the negative thinking or rumination. Once you know what you were doing or thinking prior to going into this state, you can learn to divert your thinking in a more positive

direction.

Example: You go for a walk each morning and your thoughts eventually convert from enjoying the sights and sounds around you into a conversation you had with your boss about your job performance. There was one word he used that concerned you. Soon, you blow it out of proportion, become angry with your boss or afraid that he was being overly negative. Two minutes later you have made up your mind that your job is in jeopardy and before you complete your walk, you are convinced that you are going to be fired.

So, tomorrow when you go for a walk, when your thoughts stray, tell yourself to stop! Clear your mind and try thinking about something positive. Or, when you start thinking negatively, ask yourself "is what I am thinking true? Am I being overly concerned? What is the other side of this situation?"



Have you experienced negative hyperfocus, but did not know it had a name? Changing your thought patterns is not easy, but eliminating the stress caused by them is crucial. If you find this difficult to do on your own, 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](http://www.coachingaddwithsharon.com) or email me at [sharonh75@optonline.net](mailto:sharonh75@optonline.net).

If you have missed any of my newsletters or want to refer back to them, they are now on my website.

## *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](mailto:sharonh75@optonline.net) and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell

*Sharon Howell*

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## *Quick Links...*

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit Disorder Association\)](#)
- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)
- [Dr. Daniel Amen and the Amen Clinics](#)

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