

Coaching ADD with Sharon

Newsletter #16

ANTS

June 27, 2007

in this issue

- [ANTS](#)
- [Getting Help](#)
- [I'm Interested in Hearing From You!](#)

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.

Do you spend time and energy thinking about negative things? Do you worry about what someone said to you that upset you or hurt your feelings? Do you automatically assume that you won't be able to do something that you haven't tried to do before? Assume that the worst will happen in any given situation? In the world of ADD coaching, these are called Automatic Negative Thoughts or **ANTS**. And, people with ADD usually spend too much time on these **ANTS**.



ANTS



Thoughts release chemicals in the brain. When you have a mad, sad, or unkind thought your brain releases chemicals that make your body feel bad. When you have a happy thought or good or kind thought, your brain releases chemicals that make your body feel good. Thoughts have actual neurological weight and mass and can therefore have an impact on your mind and body.

Why are people with ADD so prone to this negative thinking or **ANTS**? We often have self-esteem issues that can cause us to be more sensitive to and internalize things other people say to us. Consequently, we often have trouble challenging the negative thoughts and have trouble thinking about them in more rational terms.

Some examples of **ANTS** are:

Overgeneralizations like "always" and "never"

Focusing on the negative and ignoring the positive

Personalizing - taking responsibility for something that is not your fault

Fortune telling - anticipating or assuming a bad outcome

All or nothing thinking - something is all good or all bad

Mind reading - Making assumptions about other people's thoughts

All of these automatic negative thinking patterns waste energy and can actually affect your health in a very negative way. They sap your energy, increase your stress levels and can actually damage your health. If you spend your days dealing with these **ANTS**, you should seek help. ADD coaching is one way to help you work at changing these thinking patterns, lowering your stress and improving your health.



In the meantime, you can help yourself by challenging your negative thoughts, looking for evidence that the thoughts are true or false, putting the thoughts into perspective and trying to employ pattern interrupts such as just telling yourself to **STOP** the negative thoughts. Your brain and your body will be happier if you do.

"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.

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 and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell

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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