

Coaching ADD with Sharon

Newsletter #18

Boundaries

July 27, 2007

in this issue

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

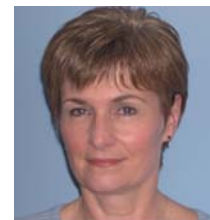
Dear Friend,

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 have trouble telling your mother-in-law, "Thanks for the input, but I am happy doing it my way," when she criticizes your housekeeping techniques? Do you wonder why you have trouble asking for a raise at work, even when you know that you deserve one?

These are **boundary** issues, and ADDers are notorious for not having boundaries. Why are they so important in our lives? We need them in order to keep our priorities in order and to keep others from having undue and unsettling influence on our self-esteem and our lives in general.



Boundaries



Boundaries are limits of behavior, conduct and acceptance; anything that defines important issues in our lives. They are how we conduct ourselves, how we let others treat us and how we feel about ourselves. The ADDers' problems with executive function, compromised ability to inhibit ourselves from compulsive behaviors, ability to recall information, learning from past mistakes and difficulty delaying gratification all contribute to our difficulty in establishing and maintaining boundaries. Also, if you were raised by ADD parents, you may have been brought up in an environment where there were few or no boundaries set; you may have no examples of appropriate boundaries to learn from or follow.

Some examples of unidentified boundaries and their impact on ADDers are:

- **Over promising/under delivering** - knowing how much you can do
- **Feeling guilty** - about not doing enough, saying no, not wanting to do something that does not interest you
- **Being inconsistent** - not living up to your responsibilities
- **Difficulty asking for what you need** - "I don't deserve it" scenario
- **Difficulty saying no** - thinking you need to do something just because someone asks you to
- **Letting other's statements/opinions/criticisms influence how you feel about yourself or what you do**
- **Being overly sensitive to others criticisms**
- **Being too trusting of people early in relationship** - form of dependency
- **Going against personal values to please others/changing direction based on someone else's opinion**
- **Letting others direct your life or define you**



If any of this sounds familiar or if it is interfering with your quality of life, please read my next newsletter. I will give examples of how you can begin to create healthy boundaries in your life.

"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

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](#)

my e-mail: sharonh75@optonline.net

You can call me at: 203-374-6109

Visit my website at: <http://coachingaddwithsharon.com>