

Coaching ADD with Sharon

Newsletter #19

Boundaries Part 2

August 9, 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.

In my last newsletter I discussed boundary issues, what they are and the impact they have on our lives. If you read the newsletter, you understand that not having boundaries can cause us to feel unnecessary guilt, lack consistency, not deal appropriately with other people, doubt our own personal values and much more. So, how do you create healthy boundaries? Read on!



Boundaries Part 2



The first step is **self-awareness**. Pay attention to how trying to set boundaries with yourself and others makes you feel. Does it make you anxious or fearful? Does it affect your energy level or make you nervous? Pay attention to what you are putting off because of anxiety. Once you become aware of what is stopping you from asserting yourself, you can begin to change.

Next, **set your boundaries**. Determine where you need to set boundaries with yourself and others. This could be as simple as knowing how much you can accomplish and learning to be satisfied with it instead of beating yourself up about it. It could be learning to trust your own judgment and intuition so that you don't let others direct your life.

Finally, once you have accomplished the first two steps, **strengthen and maintain your boundaries**. We ADDers have trouble maintaining energy in our undertakings, mainly because it requires delayed gratification. Be clear about what it is you would like to achieve. Maintain structure to keep yourself on track with your boundaries.

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Practice and be patient. Write it out if necessary and be firm and direct but gracious with others you need to set boundaries with. Repeat your request if necessary when faced with resistance. Then, pay attention to how setting boundaries with yourself and others has improved things in your life.

It takes practice! Choose one boundary issue to work on. Decide what steps you will take to start the process. What types of structure do you need to do this? What types of support/accountability will you need? Do you need someone to help? You may need a coach to help you get started on the process. Remember, sustaining attention is difficult for ADDers. Don't be afraid to ask for help! Being able to set appropriate boundaries can make a tremendous difference 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.

Momference

I am excited to announce that I will be a guest speaker at Momference the first-ever live weeklong tele-conference for women at all stages of life and motherhood. Discover how to live a more satisfying life, reach your personal and career goals and tackle the challenges of parenting- while being a great mom! This week-long event gives you access to experts in parenting, career, relationships, home, self-care and more without having to leave your home. Find out more about Momference at www.momference.com

Sharon Howell



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