

A WOMAN'S GUIDE TO ADHD MASTERY

Finding out who you are without ADHD

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WELCOME

I developed this workbook, and the accompanying videos, especially for women who, like you, have just been diagnosed with ADHD or are considering getting a diagnosis.

Getting a diagnosis is only the first step in your journey which will take you along a very new and different path.

Often, this journey begins with a feeling of grief as you look back at your life. It is then normal to feel anger that the diagnosis wasn't made sooner and sadness at the opportunities and situations that could have been different. You are probably wondering, "**who am I without ADHD**"?

I know how hard you will have had to work in life, compared to those without ADHD. I also know how easy it is to get overwhelmed by, or fall down a rabbit hole of, information and resources out there, some of which are questionable and some of which can be dry or irrelevant.

My 'course' videos can be found and accessed for free on my YouTube channel @DrVickyClea; <https://www.youtube.com/channel/UCwXe8lnQ5fCZZMxbTKGrQMA> and with this workbook, will summarise all you need and want to know about ADHD so that you can become the master of your ADHD rather than the other way around.





About me

I am a consultant psychiatrist who specialises in working with adults, particularly those with ADHD.

I was diagnosed with ADHD in adulthood, and have family members with ADHD and other neurodiversity.

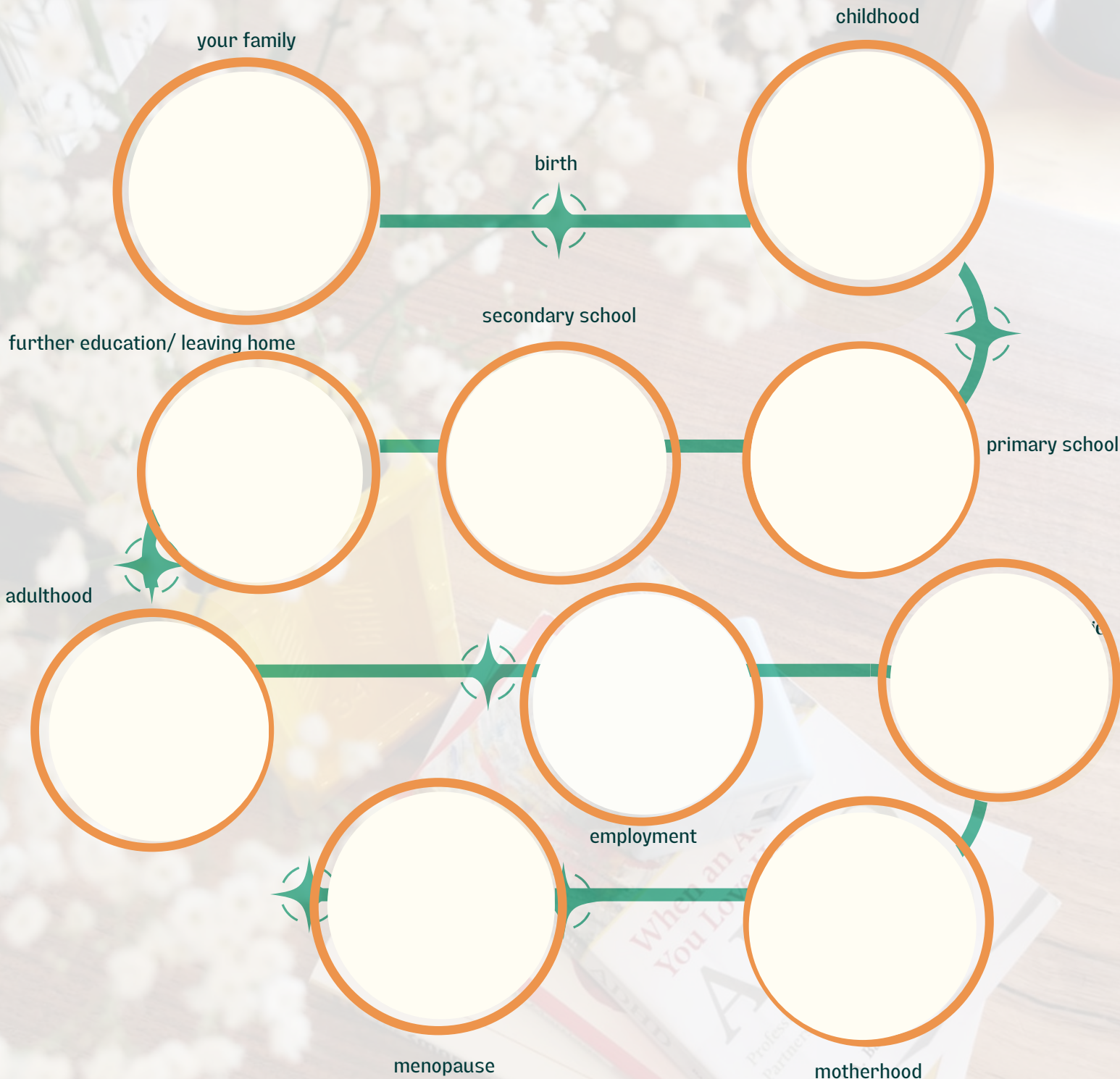
All of us have had quite different presentations which I think is down to our differing personalities and relative executive functioning strengths and weaknesses

How to use this workbook

Whilst the online course focuses on improving your knowledge of ADHD, this workbook is based on the principles of coaching and links with the online videos to help you reflect on how ADHD has impacted your life in the past and now.

Following the online course and applying what you learn in this workbook will enable to separate the ADHD and discover who you really are.

Your ADHD lifeline



Use this timeline to reflect on your past. It is split into life events or milestones. During the videos you will learn about the ways that ADHD impacts on these milestones. I suggest that you add in your own experiences of where and when ADHD has been a strength or a barrier.

VALUES 1

Tick those values that are important to, or resonate with you and then prioritise into your top 5.

Values are often an indication of your underlying core personality (without the ADHD)

DATE: _____

- ☐ AUTHENTICITY
- ☐ AUTONOMY
- ☐ ACHIEVEMENT
- ☐ ADVENTURE
- ☐ AUTONOMY
- ☐ AUTHORITY
- ☐ BALANCE
- ☐ BEAUTY
- ☐ BOLDNESS
- ☐ COMPASSION
- ☐ CHALLENGE
- ☐ CITIZENSHIP
- ☐ COMMUNITY
- ☐ COMPETENCY
- ☐ CREATIVITY
- ☐ CURIOSITY
- ☐ DETERMINATION
- ☐ FAIRNESS
- ☐ FAITH
- ☐ FAME

- ☐ FRIENDSHIP
- ☐ FUN
- ☐ FAMILY
- ☐ GROWTH
- ☐ HAPPINESS
- ☐ HONESTY
- ☐ HUMOUR
- ☐ INFLUENCE
- ☐ HARMONY
- ☐ JUSTICE
- ☐ KINDNESS
- ☐ KNOWLEDGE
- ☐ LEADERSHIP
- ☐ LEARNING
- ☐ LOVE
- ☐ LOYALTY
- ☐ OPENNESS
- ☐ OPTIMISM
- ☐ PEACE
- ☐ PLEASURE
- ☐ POPULARITY

VALUES 2

DATE:

- ☐ PURPOSE
- ☐ POPULARITY
- ☐ RECOGNITION
- ☐ RELIGION
- ☐ REPUTATION
- ☐ RESPECT
- ☐ RESPONSIBILITY
- ☐ SECURITY
- ☐ SELF-RESPECT
- ☐ SERVICE
- ☐ SPIRITUALITY
- ☐ STABILITY
- ☐ SUCCESS
- ☐ STATUS
- ☐ TRUSTWORTHINESS
- ☐ WEALTH
- ☐ WISDOM
- ☐

Reflections

- How has ADHD got in the way of, or clashed with your values?
- What has been the impact of this on you and your life?



YOUR TOP 3-5 VALUES

SELF REFLECTIONS 1

HOW DID YOUR ADHD SHOWED UP IN DIFFERENT AREAS AND TIMES OF YOUR LIFE?

FAMILY

FRIENDSHIP

SCHOOL

RELATIONSHIPS

SELF REFLECTIONS 2

HOW DID YOUR ADHD SHOWED UP IN DIFFERENT AREAS AND TIMES OF YOUR LIFE?

PERIODS AND PUBERTY

WORK

PARENTING

FINANCES

MENOPAUSE



I AM

Resourceful

WHO ARE YOU?

Separating you from the ADHD may mean dropping labels that were given to you by yourself or others but actually belonged to your ADHD.

These include negative labels such as 'lazy', 'stupid', 'ditsy', 'blonde', 'clumsy', 'thoughtless', 'blunt', uncaring, 'angry', 'disorganised', 'emotional' and 'impulsive'. Or more positive labels such as 'daring', 'confident', 'forthright', 'energetic', 'busy', 'sociable', 'entrepreneurial' or 'risk taker'.

You may have had a sense that these were not really you or that you were misunderstood.

This page is for your to use as you rediscover who you really are.

As you have got this far, to start you off, I am guessing that you are 'resilient', 'hardworking', 'resourceful' and 'reflective' ?

As you go through the course, write on each sunbeam, an aspect you uncover that reflects the real you.

YOUR GUIDE TO

EXECUTIVE FUNCTIONING

EMOTIONAL CONTROL

do you get more easily angry and frustrated by things, find it difficult to let go of emotions or put them aside? Does this get in the way of performance at work or interfere with relationships? are you seen by others as emotional/ passionate/ mercurial



WORKING MEMORY

do you have a poor working memory, struggle to hold information in you mind to manipulate it or plan? Do you quickly forget what you are told if not immediately written down or acted upon? do you forget appointments or what you were doing if distracted? Poor memory means you may do things twice, repeat mistakes or take longer to learn from experience



SUSTAINED ATTENTION

do you struggle to maintain attention on a task or activity (e.g. listening to others, completing an essay, emptying dishwasher) due to distracting thoughts, external distraction or get easily bored after initial enthusiasm for a task or activity? Do you mislay things as you dont notice putting them down?



PLANNING/ PRIORITISING

do you struggle to prioritise tasks when you have several to do, finding it anxiety provoking or paralysing?

do you struggle to focus on tasks without a deadline or significant consequence?



YOUR GUIDE TO

EXECUTIVE FUNCTIONING

ORGANISATION

Do you often struggle to consistently or effectively use strategies to organise your life and time, such as diary/ computer filing? Is your workspace and home messy leading to difficulty finding things?



TIME MANAGEMENT

do you often underestimate how long a task or journey will take? do you overschedule holidays and free time? are you often late or extra early?



RESPONSE INHIBITION/ IMPULSIVITY

do you have difficulty stopping and thinking before speaking or action? impulsivity can lead to overspending, oversharing, saying things that upset others, doing things you regret or making errors on forms or in written work.



TASK INITIATION/PROCRASTINATION

do you struggle to get started on tasks that require significant effort or are important but uninteresting? will you put these tasks off for as long as possible despite feeling stressed/ guilty or having intention to do them?



YOUR GUIDE TO

EXECUTIVE FUNCTIONING

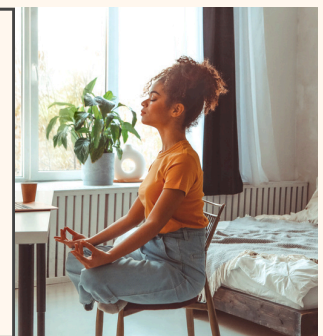
FLEXIBILITY

How good are you at coping with unexpected change or last minute additions to your schedule? if your kids spring world book day at school with need for a costume on you or your train gets cancelled at the last minute, will that send you into a spin?



METACOGNITION

Are you able to reflect on your thoughts and evaluate your behaviour or performance? do you notice how you problem-solve? Can you reflect on How you are doing? or what went well? Do you have a bird's eye view of yourself in any situation?



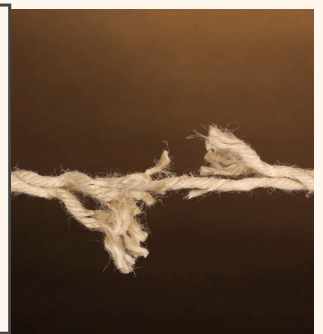
GOAL PERSISTENCE

Do you have goals, stick to them and follow through to completion, even when you come up against obstacles or failure? This is particularly longterm or difficult goals including completing degrees, saving for large purchases, having a pension.



STRESS TOLERANCE

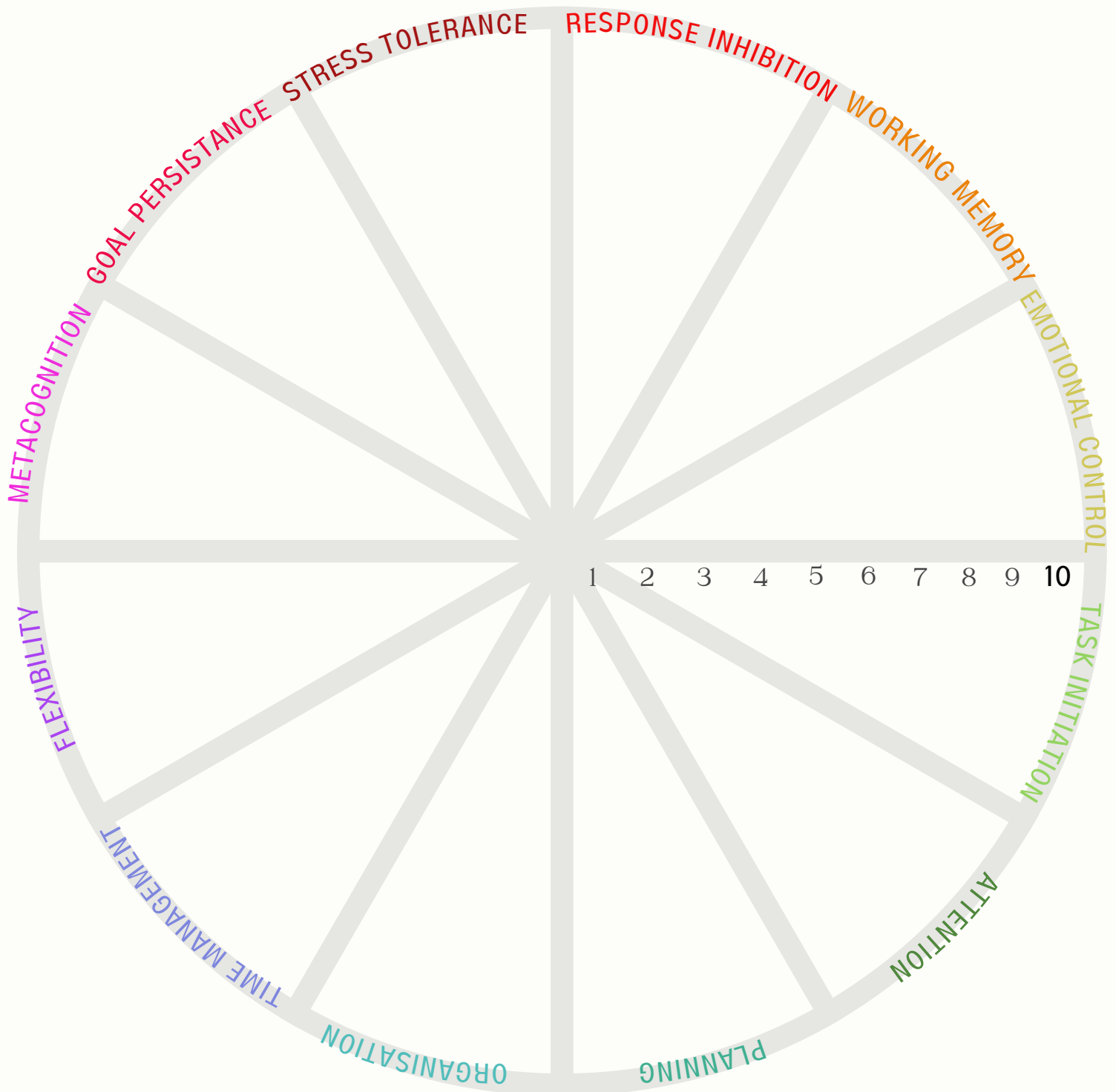
Do you thrive in a fast paced, high stakes environment? Are you at your best under pressure in the short term? CAn you cope with uncertainty?



WHEEL OF EXECUTIVE FUNCTIONING

Fill in each area, out of 10, according to how good this area of functioning is for you. This will give you an overview of the areas of strength or difficulties.

Use the previous pages to help and then complete the following quiz. Are there any big differences?



EXECUTIVE FUNCTIONING SKILLS QUIZ

This is a tool to help you IDENTIFY which are your strongest and Weakest executive functioning areas (taken from Peg Dawson & Richard Guare)

Instructions: Read each item below and rate that item based on the extent to which you agree or disagree with how well it describes you. Use the rating scale below to choose the appropriate score. Then add the three scores in each section.

RATING SCALE:

STRONGLY DISAGREE (1) DISAGREE (2) TEND TO DISAGREE (3) NEUTRAL (4)
TEND TO AGREE (5) AGREE (6) STRONGLY AGREE (7)

Section 1: **Response Inhibition**

- 1.I don't jump to conclusions
- 2.I think before I speak.
- 3.I don't take action without having all the facts.

Your Total Score (Section 1): _____

Section 2: **Working Memory**

- 4.I have a good memory for facts, dates, and details.
- 5.I am very good at remembering the things I have committed to do.
- 6.I seldom need reminders to complete tasks.

Your Total Score (Section 2): _____

Section 3: **Emotional Control**

- 7.My emotions seldom get in the way when performing on the job.
- 8.Little things do not affect me emotionally or distract me from the task at hand.
- 9.I can defer my personal feelings until after a task has been completed.

Your Total Score (Section 3): _____

Section 4: **Task Initiation**

- 10. No matter what the task, I believe in getting started as soon as possible.
- 11. Procrastination is usually not a problem for me.
- 12. I seldom leave tasks to the last minute.

Your Total Score (Section 4): _____

Section 5: **Sustained Attention**

- 13. I find it easy to stay focused on my work
- 14. Once I start an assignment, I work diligently until it's completed.
- 15. Even when interrupted, I find it easy to get back and complete the job at hand.

Your Total Score (Section 5): _____

Section 6: **Planning/Prioritization**

- 16. When I plan out my day, I identify priorities and stick to them.
- 17. When I have a lot to do, I can easily focus on the most important things.
- 18. I typically break big tasks down into subtasks and timelines.

Your Total Score (Section 6): _____

Section 7: **Organization**

- 19. I am an organized person.
- 20. It is natural for me to keep my work area neat and organized.
- 21. I am good at maintaining systems for organizing my work.

Your Total Score (Section 7): _____

Section 8: **Time Management**

- 22. At the end of the day, I've usually finished what I set out to do.
- 23. I am good at estimating how long it takes to do something.
- 24. I am usually on time for appointments and activities.

Your Total Score (Section 8): _____

Section 9: **Flexibility**

- 25. I take unexpected events in stride.
- 26. I easily adjust to changes in plans and priorities.
- 27. I consider myself to be flexible and adaptive to change.

Your Total Score (Section 9): _____

Section 10: **Metacognition**

- 28. I routinely evaluate my performance and devise methods for personal improvement.
- 29. I am able to step back from a situation in order to make objective decisions.
- 30. I “read” situations well and can adjust my behavior based on the reactions of others.

Your Total Score (Section 10): _____

Section 11: **Goal-Directed Persistence**

- 31. I think of myself as being driven to meet my goals.
- 32. I easily give up immediate pleasures to work on long-term goals.
- 33. I believe in setting and achieving high levels of performance.

Your Total Score (Section 11): _____

Section 12: **Stress Tolerance**

- 34. I enjoy working in a highly demanding, fast-paced environment.
- 35. A certain amount of pressure helps me to perform at my best.
- 36. Jobs that include a fair degree of unpredictability appeal to me.

Your Total Score (Section 12): _____

Results

My top 3 sections with the highest scores indicating my **strengths** in executive skills are:

- 1.
- 2.
- 3.

My top three sections with the lowest scores indicating my **weaknesses** in executive skills are:

- 1.
- 2.
- 3.

Letter from my future self

Dear

The date is _____ and I am writing to tell you what an amazing time I have had over the last 12 months and this is why...



Imagine you are 1 year in the future and are writing this letter to yourself now. Imagine that the 12 months from now have been your best ever.

Tell yourself all the things that have changed and improved since you understood more about who you truly are, as separate from the ADHD. What is the positive impacts of this on your view of the past and what you are doing now? What about on those around you?

ASRS-18 SCREENING TOOL FOR ADHD

Part A

	Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How often do you have problems remembering appointments or obligations?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Part B

	Never	Rarely	Sometimes	Often	Very Often
7. How often do you make careless mistakes when you have to work on a boring or difficult project?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. How often do you misplace or have difficulty finding things at home or at work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. How often are you distracted by activity or noise around you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. How often do you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. How often do you find yourself talking too much when you are in social situations?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. How often do you have difficulty waiting your turn in situations when turn taking is required?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. How often do you interrupt others when they are busy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score my Answers

Link to the ADHD ASRS-18 screening tool;

<https://psychology-tools.com/test/adult-adhd-self-report-scale>

Useful Resources

Books

- 'The smart but scattered guide to success' by Peg Dawson and Richard Guare is a practical guide to helping manage executive skill deficits.
- 'Taking charge of Adult ADHD' by Russell A. Barkley which is available as an audiobook.
- Explaining AuDHD Dr Khurram Sadiq
- The ADHD effect on marriage' by Melissa Orlov

Websites

- <https://adhduk.co.uk/>
- <https://www.additudemag.com/>
- Occupational health Information for employers;
[https://www.agcas.org.uk/write/MediaUploads/Resources/Disability %20TG/Reasonable_Adjustments_-_Neurodiversity.pdf](https://www.agcas.org.uk/write/MediaUploads/Resources/Disability%20TG/Reasonable_Adjustments_-_Neurodiversity.pdf)

- Link to the ADHD ASRS-18 screening tool;
<https://psychology-tools.com/test/adult-adhd-self-report-scale>

Videos

- My free You Tube videos to accompany this workbook;
<https://www.youtube.com/channel/UCwXe8lnQ5fCZZMxbTKGrQMA>



Not the end
but your
beginning





Your paragraph text

