

Linda Roggli:

It's October 2020, and even in the midst of a crazy year, it's still ADHD Awareness Month. And we're still here with TADD Talks from ADDA, the Attention Deficit Disorder Association, nine minutes short, pithy soundbites on living with adult ADHD. Stay tuned, here it comes.

David Giwerc:

Hello everyone and welcome to TADD Talks with ADDA. I'm David Giwerc, founder and president of the ADD Coach Academy and a master certified ADHD coach. I'm glad to be talking to you today from the Academy in Albany New York, the capital city of the beautiful state of New York state. And today I'd like to spend a little time talking with you about the topic that I will be talking about at the 2020 international ADHD coaching conference. And the name of my presentation is entitled "Coaching Adults with ADHD to Conquer Rumination and Embrace Illumination." That's what I'll be talking about. So let's get started. You know, adults with ADHD have a greater inclination to attract negative pervasive thoughts which can often lead to rumination. And we're going to discuss what rumination is, but just to give you an idea, we know it's a cognitive inability to shift out of a hyper-focus of pervasive, negative dominant thoughts which can create debilitating emotions and can often immobilize an adult with ADHD.

David Giwerc:

So unless adults with ADHD can become aware of these ruminative dark thoughts and the situations, tasks, and conversations that ignite them, then these negative emotions are going to continue to manifest and they're going to continue to run their lives. So for adults, it's very important to learn how to manage these negative emotions, but it's extremely difficult for them because their brain wiring and the brain wiring specifically for an adult with ADHD is challenged by their inability to inhibit. That is, their inability to use self-restraint, to pause, to pause and pay attention in the moment. And they must learn to apply [inaudible] internal breaks [inaudible] down by pausing. This is a skill that we can learn by pausing and noticing that negative bombardment of thoughts attacking their mind. Pausing is not something you're born with. It's a learned skill that we're not taught, but people can learn, especially those with ADHD, which gives them the ability to pause in the moment, stop—and we'll learn how to do that—to stop and pay attention to what they're paying attention in the moment and challenge those destructive ruminative thoughts in the moment.

David Giwerc:

And without the pause, there is no self-awareness because self-awareness is the ability to pause and pay attention to what's getting in the way in the moment. And the way we learn how to do that is by learning the skills of emotional intelligence. That is: pausing to pay attention to what you're paying attention to and challenge it. And rumination bypasses this pause; illumination demands it. So when we're coaching adults with ADHD, we empower them to overcome the darkness of the pervasive rumination and learn how to discover the sources of their positive emotion, their illumination. And this can only come with learning the skill by pausing to identify the positive light of their strengths, successes, and genuine passion. And as I was saying before, an important skill for being able to focus on this source of illumination, or sources of illumination, is the skill of emotional intelligence. And emotional intelligence is the discipline of noticing an emotion as it is occurring in the moment and naming it because when you name it, you diminish the intensity of the emotion and its ability to hijack your brain.

David Giwerc:

It also provides you with the ability to access your executive functions: like attention, like emotional regulation, like decision making, and a whole lot more; but most importantly gives you the ability to access your positive emotions. Now, emotion and motivation are huge challenges for adult with ADHD. And motivation is fueled and sustained by your ability to create and access positive emotions. You know, we're living in a world where we learn how to manage negative emotion, but no one has ever taught us: how do I identify the sources of our positive emotions? How do we identify those sources and how might we even create them? And those come out of the positive memories that are buried way down deep in

your subconscious, and coaching is there to help you excavate them out of the deep subconscious where they're stagnant. And so, during this presentation, I've created two videos.

David Giwerc:

The first video will give you a wonderful overview of the process that I'm talking about today: learning how to identify positive emotion; why positive emotion is important; how rumination starts—where are the sources of it so you can move on to more positive emotions; and learning a system to access your memory to be able to get immediate access to those experiences that will move you out of rumination and into illumination. And the second video—as the first one gives you an overview—the second one is a specific exercise that I will take you through and the specific coaching skills and strategies that are used to shift an adult ADDer's attention out of rumination, that hyper-focus of negative immobilizing thoughts, and learn how to immediately access their sources of positive illumination, the ones that identify the best in who they are and who they want to become.

David Giwerc:

So again, this is Dave Giwerc and I'm founder and president of the ADD Coach Academy. It's been my pleasure spending quality time with you today. Of course, if you want more information about the work we do with adults with ADHD—and all age groups—and how we train coaches, please feel free to visit our website at www.ADDCA.com. Again, thanks so much for choosing to spend time with us today. Please don't forget the wonderful work that ADDA does for adults with ADHD, CHADD does for children with ADHD, and ACO that does wonderful work to support the ADHD coaching profession. And please, last and most importantly, don't forget this amazing international virtual ADHD conference. The first of its kind ever. If you think you're getting a lot today, you're gonna get exponentially more, a hundred times more when you come to this wonderful conference. So please sign up for today and don't miss out. Have a great day, everyone.

Linda Roggli:

Okay. That's today's ADHD wisdom. Much more to come. And why not join us for the Virtual 2020 International ADHD Conference coming up in November? Details@add.org. And while you're at it, why not join ADDA? It's a great investment in your ADHD life.