

Get out of Your Negative ADHD Head and into Your Authentic, Compassionate Heart



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Objectives:

- 1) Identify Beliefs which prevent progress and diminish self-image.
- 2) Identifying patterns which facilitate powerful change for ADDers
- 3) Learn how the “Power of the Pause” cultivates Habits of the Heart to inspires personal transformation.

What are Beliefs?

- **Thoughts and concepts handed down to us.**
- **They are not facts!**
- **A benchmark to determine standards of performance. Uniformity, Conformity, Speed.**
- **Ingrained subconscious programs, we are not aware how they affect us.**

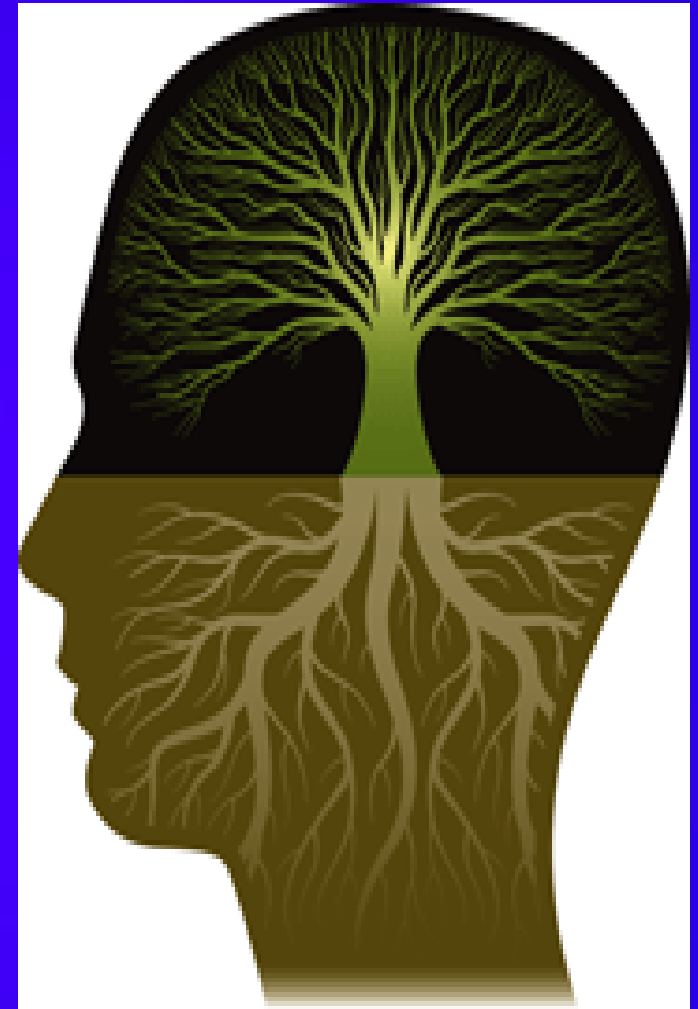
Dominant programming: The Battle of the Mind



- **The most dominant program wins.**
- **The Gatekeeper does not analyze.**

What You pay

Attention to Grows



The dominant thoughts you

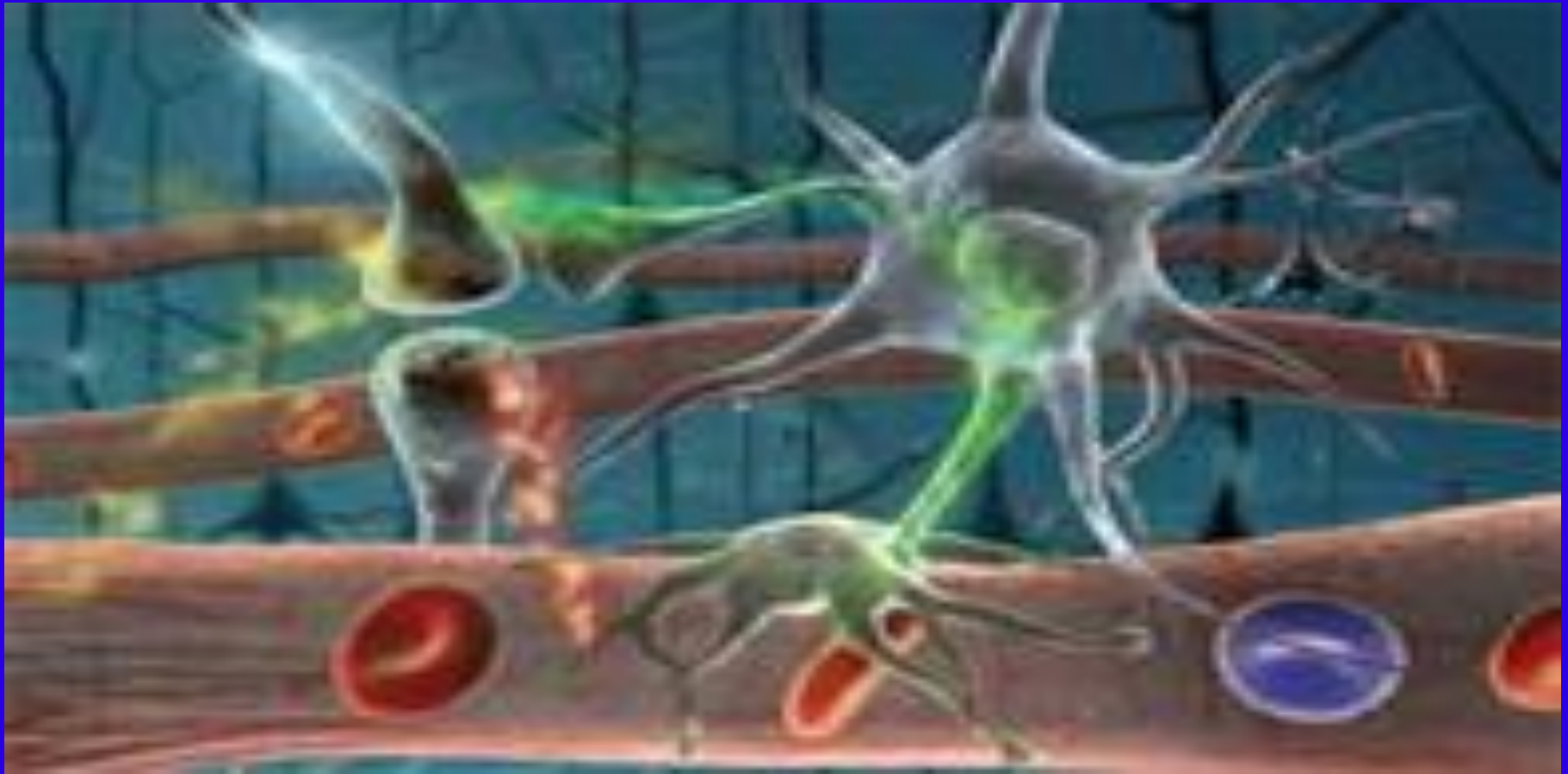


pay attention to create...

Electricity in your brain



converted into brain chemicals



support or impede your ability to function

**Your thoughts can immobilize
you or.....**



Catalyze you to climb



to higher heights

ADHD is a Challenge:

1) Self Awareness: *Attention and Intention*

Paying attention to what you are paying attention to and being able to identify it objectively

2) Self –Regulation: *Inhibition and Emotion*

Pausing to Objectively Identify thoughts or Beliefs and Emotions rationally and move on.

The Brain is a magnet wired to attract problems and negativity.



- Remain attached like Velcro
- We want to become like Teflon
- Self awareness begins with self regulation
- The Pause is essential

**What do you usually pay
attention to?**

Pressure

Problem Proliferation

Procrastination

Perfectionism

Cycle of Pessimistic Programming

Prohibition

Procrastination

Paying Attention to the Cycle of Pessimistic Programming (HEAD) is ignited by a focus of self criticism that leads to:

- Depression
- Anxiety
- Rumination: women do it more
- Exacerbates ADHD challenges
- Diminishes Energy
- Lowers Self Esteem

When you pay attention to Self-Compassion:

- You open your heart by being kind to yourself and saying you are doing your best.
- You are not alone. You are part of the human race that experiences many of the things you do.
- You become mindful of what you are paying attention to by pausing to filter your thoughts.

Pause to become:

- *Present:* Full Attention in the
- *Present:* Right Now with Your
- *Presence:* Authentic You



What happens when you PAUSE with Self-Compassion?



- Your objective observer notices what dominant thoughts you are creating in your brain.
- You notice your Body, Breathing, Bombardment, Ballistic signals holding you captive
- Your own Compassionate Witness watches without judgment or self-criticism: “Isn’t that interesting how that does not work.”
- You become aware of what the situation really needs

Filtering Process: Facilitates Mindful Pausing with Compassion

- **PAUSE:** STOP to objectively notice from a distance
- **PINPOINT** your best option creating a prompt to remember it.
- **PAY ATTENTION** to what you are paying attention to
- **PURSUE** a new story aligned with your mindful head and purposeful, passionate heart
- **PROCESS** what you are paying attention to. Identify what it is name it without judging it.
- **PRODUCE** it by acting on it without any attachment. Embrace the results as a knowing you can use to grow.



***Pause, to pay attention to what
you are paying attention to.***



What You Pay Attention to Grows.

Objective Head and Passionate Heart in Harmony with the Present Moment

