

ADHD

Exploration Worksheet

This worksheet is designed to help you understand and clarify your specific struggles and the experiences you've had related to ADHD. Answering these questions will help your Superconscious focus on the things that are most important to you. Come back to it periodically and review. Feel free to add to it so your Superconscious can expand the work it is doing to help you heal any wounds and remove the obstacles that stand in your way. If you find yourself being triggered, stop and use the emotional reset recordings in your program.

1. WHY do you want to participate in this program? What do you want to experience? (TIP - Keep asking the question "Why?" to really get to your core motivation and to help you uncover your true desires related to improving your ADHD symptoms).
2. Rate yourself on the content items of the ADHD program. Next to each item, on a scale of 0-10, rate how much distress, resistance or struggle you feel related to each item. (Hint: 10 is the worst! Ex. I hate this! I hate thinking about it! It stresses me out! I have a lot of anxiety about it!) After you've rated all the items, circle the ones that you are most interested in improving.

Self-Acceptance	0	1	2	3	4	5	6	7	8	9	10
Focus & Attention	0	1	2	3	4	5	6	7	8	9	10
Task Initiation	0	1	2	3	4	5	6	7	8	9	10
Goal Setting	0	1	2	3	4	5	6	7	8	9	10
Prioritizing	0	1	2	3	4	5	6	7	8	9	10
Planning	0	1	2	3	4	5	6	7	8	9	10
Decision Making	0	1	2	3	4	5	6	7	8	9	10
Motivation	0	1	2	3	4	5	6	7	8	9	10
Impulsivity	0	1	2	3	4	5	6	7	8	9	10
Managing Transitions	0	1	2	3	4	5	6	7	8	9	10
Completing Tasks	0	1	2	3	4	5	6	7	8	9	10
Time Blindness	0	1	2	3	4	5	6	7	8	9	10
Clutter & Cleanliness	0	1	2	3	4	5	6	7	8	9	10
Emotional Regulation	0	1	2	3	4	5	6	7	8	9	10
Overthinking	0	1	2	3	4	5	6	7	8	9	10
Overwhelm	0	1	2	3	4	5	6	7	8	9	10
Irritability	0	1	2	3	4	5	6	7	8	9	10
Perfectionism	0	1	2	3	4	5	6	7	8	9	10
Forgetfulness	0	1	2	3	4	5	6	7	8	9	10
Restlessness	0	1	2	3	4	5	6	7	8	9	10
Rejection Sensitivity Dysphoria	0	1	2	3	4	5	6	7	8	9	10
Interrupting	0	1	2	3	4	5	6	7	8	9	10
Out of sight, out of mind	0	1	2	3	4	5	6	7	8	9	10
Self-Confidence	0	1	2	3	4	5	6	7	8	9	10

3. Are there events or traumas in your life that you believe are related to your ADHD? Either negative experiences, or major events that may have contributed to a dysregulated nervous system that exacerbated your symptoms? Rate each item on a scale of 0-10.

4. What are the ways you seem to sabotage yourself? Rate each item on a scale of 0-10.

5. What limiting beliefs are you aware of that interfere with your ability to overcome your struggles related to ADHD? Rate each item on a scale of 0-10.

6. What were you taught or told about yourself, the world or others that has stuck with you and interferes with you having the kind of relationship with yourself that you want? Rate each item on a scale of 0-10.

7. What specific emotions trigger counter-productive behaviors? Rate each item on a scale of 0-10.

8. If this program is successful, what will be different for you? Describe in as much detail as possible.