

"THE FACTS ARE FRIENDLY" (CH. 20)

Facts are extremely powerful, as they're one of the only things that can supersede emotion in an ADHDer's brain." -Shanna Pearson

Focusing exclusively on positive facts (rather than affirmations or dreams) is a proven strategy to counteract the persistent negative self-talk that ADHDers often experience. Even when things are going well, a tough day or negative mood can take over our brain and we become unmotivated, believing nothing has changed.

This method reliably reminds you of the progress and positive changes you've actually made -that you can make again.

HOW TO CREATE YOUR "FACTS ARE FRIENDLY" LIST:

1. Grab a sheet of paper. Write "The FACTS are Friendly" at the top, or use the template below.
2. List your positive accomplishments. Include both small and big achievements from any timeframe that feels meaningful to you.
3. Post your list visibly on your "Wall of Attention". Choose a wall that you regularly see —bathroom mirror, near your coffee maker, computer area, or fridge to post your list. This will SHOW your brain what you've accomplished and also what you can (absolutely!) achieve again, since your brain will likely forget.

Optional Bonus:

Next to each fact (or at least one), write down one or two descriptive words about how you felt when achieving it. Connecting to this positive emotion reinforces the feeling, making it much easier to recall in the future. *Remember, what we tend to DO is based on how we FEEL.

IMPORTANT:

With each fact, remind yourself, "This is just the beginning!" Because it truly is.

HOW TO USE YOUR LIST:

Whenever you're in a negative space, or feeling unmotivated or stuck, read your Facts slowly out loud.

Refresh, update or recreate your list about every six weeks or so.

Date: _____

The FACTS are Friendly!

