

Exploring the ADHD Mind

Do this over dinner or whenever you have a moment that will work. It could also be a bedtime/quiet time moment.

Start this off however it works best for your family. With us it's something like:

Hey Family. You know how I am doing that parenting course!? There's an Action Point that I would like to explore with you.

The way it works is that in a minute I ask you to close your eyes, and then I say one word. When you hear it, I would like you to notice what happens inside of you. Notice any emotions, memories, anything that arises in your mind. If you haven't closed your eyes already, please close your eyes now. Is everyone ready for the word?

The word is:... Circus

(PAUSE 10-15 secs)

**Alright. You can open your eyes again.
Let me hear. What went through your head when I said the word Circus?**

Ask specifically about what they saw (inner images). If there were any specific memories. How it made them feel (emotions). If there were any sounds, smells, or tastes or anything else that they noticed going on inside of them.

If anyone says: I saw the same as that person. Ask more questions about the details of the experience until it is clear that they really had two different inner experiences.

What does it mean that we all have different/unique inner experiences when I say a word?

Then maybe ask about what comes to mind when you ask other words like Vacation, Anger, Love, Fun, Problem, School, Friend, Parent, Student - and maybe other words that are used a lot in your family.

Talk to them about what it means that you all have different reactions and think different things when you hear a word.

Explore the meaning with them.

Thank them for playing along!