

a n i n s t a n t h e l p b o o k f o r t e e n s

the
adhd workbook
for teens

activities to help you
gain motivation
and confidence

* increase **attention**

* **calm** impulses

* **improve** relationships

* get **organized**

LARA HONOS-WEBB, PH.D.



Publisher's Note

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A Note from the Author

Dear Reader,

This book offers you a chance to make a major change in your life: to begin to define yourself by what you do well rather than by your weaknesses. For the rest of your life, you can benefit from focusing on what is working rather than what is not working.

Sometimes teens with ADHD think that they are not on the same playing field as others, but that is not true. ADHD does, however, present many challenges for teens, and this book will give you tools to deal with those challenges. For example, you will learn some basic resources for building your motivation and confidence, which can help you achieve the goals you set for yourself.

ADHD comes with gifts as well as challenges. You will learn to find your gifts and interests and use those to build your motivation and confidence. Many teens with ADHD are creative, emotionally sensitive, and good at reading others. While these very gifts may create challenges in getting good grades, they offer opportunities for success in many arenas and career choices.

You'll read success stories of teens who overcame the significant challenges of ADHD. You'll meet teens who increased their motivation by realizing that there were many careers that involved their most passionate interests and didn't require them to sit still all day. You'll meet teens who gained confidence as they discovered their many gifts they had literally not been paying attention to. You'll meet teens who built skills for staying organized and finding resources to solve specific problems of ADHD.

Although you may be tempted to skim through the book, I encourage you to slow down and actually complete the activities. You'll be amazed at how simple shifts in perspective can bring you lasting benefits. You can practice skills like challenging negative thoughts that pop up in your mind and deep breathing to calm yourself down. You will learn to take control of your thoughts and to feel emotions that can lead to healing. The harder you try, the more you can change your life.

for you to know

Having ADHD means that you are different from others in what you pay attention to. Your teachers and parents may complain that you have difficulty focusing on schoolwork or following directions. Others may complain you are too hyper. Your own reactions may vary as well; it's normal to have mixed feelings—both positive and negative—about the diagnosis of ADHD.

Robby was relieved when he found out that he had ADHD. It helped to explain why he struggled so much in school, but he was still afraid he would never measure up to others.

When Megan was diagnosed with ADHD, she thought it meant that she was not as smart as other kids.

Jacob actually hoped he had ADHD. He told his mom that all the cool and creative kids in his school had ADHD.

for you to do

Did you feel better about yourself before or after you got your diagnosis?

What was the upside of getting the diagnosis?

What was the downside of getting the diagnosis?

How has your diagnosis helped you better understand yourself?

... and more to do

Different people have different ideas about ADHD. Tell whether you agree or disagree with these two statements, and why.

Teens with ADHD are less intelligent than others.

Teens with ADHD are creative, unique, and gifted.

What are some other things you think or have heard about ADHD?

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when is your ADHD a problem?

for you to know

Your ADHD symptoms may create problems at times, but in many situations they won't. For example, the more interested you are in a subject or activity, the more you will be able to focus and pay attention. If you can figure out when your symptoms are at their worst—like in a classroom or sitting through long lectures—you will know when you most need to work on dealing with them.

Scott got good grades in school even though he had ADHD, but he kept getting into trouble because he couldn't sit still and because he goofed off with his friends in class. When his teacher realized that sitting near his friends made it hard for Scott to pay attention, she changed the seating arrangement, and he no longer got into so much trouble. She also allowed him to sit on a large inflatable ball so that he could gently move around at his desk, which helped him concentrate.

for you to do

Below is a list of problems that many teens with ADHD struggle with. Circle the problems that bother you most.

Having trouble paying attention in class

Finding it hard to sit still

Talking with others during class

Getting bad grades

Handing papers in late

Losing papers

Forgetting homework assignments

Not listening to others

Getting mad at others

Getting into fights

Having temper tantrums

Making careless mistakes

Not finishing schoolwork

Getting distracted

Talking too much

Interrupting others