

Procrastination & Related ADHD Challenges

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References

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How Do We Understand Adult ADHD Today?

- More than Attention, Impulsivity Hyperactivity
- **Difficulty with self- regulation of**
- **The mind-** distracted, off-task, easily bored
- **Behavior-** poor time management, impulses, organization, follow-through, motivation
- **Emotions-** outbursts, anger, rage, extremes
- **Activity Level-** restlessness- must move

Procrastination=
to put off doing something
that should be done= ADHD

Trouble getting started
Avoiding doing unpleasant
stuff

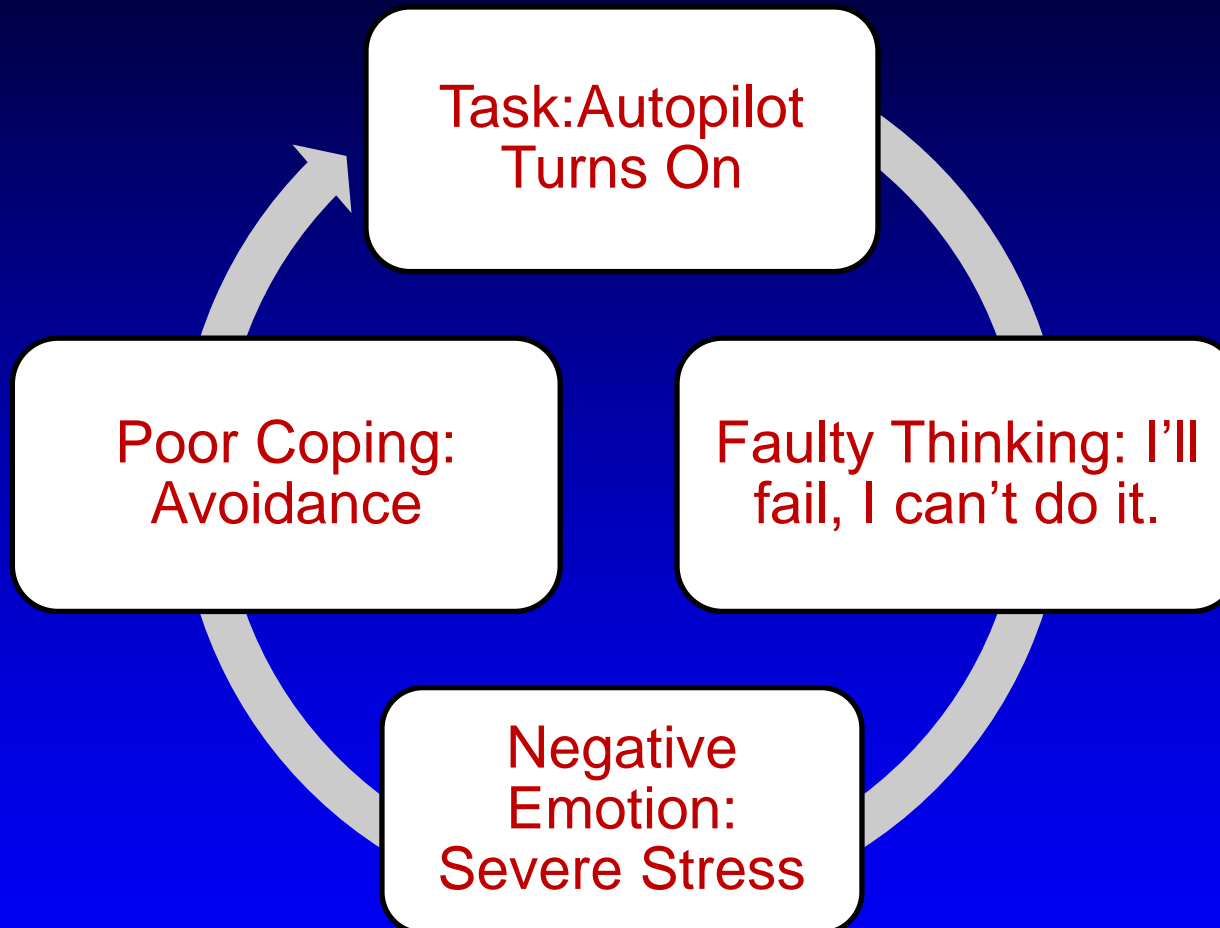
CBT Analysis of Procrastination

- **Procrastination/avoidance is an automatic pilot that has become habitual.**
- **It is stress management in the moment to cover up fear of failure and self doubt.**

CBT Model



CBT Analysis of Procrastination



CBT Analysis: Re-organize Basement



Overwhelmed

- Break it down to smallest possible steps
- Make the first few steps tiny, tiny, tiny!
- Line up cheering squad- spouse, friend, etc.
- First step so easy you can't not do it.
- Re-organizing closet: **take out 1 hanger clothing**
- Clearing the basement: **Tape off 3 areas**
- Cleaning out garage: **Old lawn umbrella to trash**
- **Flylady.net**

Sandy

Cleaning out & reorganizing her clothes closet was an **overwhelming project** she had unsuccessfully been trying to accomplish for several years & had asked her CBT therapist to help her accomplish.

Steps to Re-Organize the Closet

- **Develop a list of steps & put them in her phone.**
- **Divide closet into 5 zones: shoes, pants, tops, dresses/other outfits, purses.**
- **Make a sign & put it in area for each zone.**
- **Purchase clear plastic bins, garbage bags, markers, paper, pens, cardboard, tape, labels, hangers.**

Steps to Re-Organize the Closet

- List the order to work on zones & schedule one hour block of time over 5-10 days.
- Select positive incentives for each day & friends/ family members as your cheerleading squad.
- Prepare to start.

Prepare to Start: Motivate

- Made the first step so small you can't possibly fail to do it. ***1. Tape or hang the 5 signs for the zones in the closet. 2. Remove one piece of clothing and place it in a temporary holding area you designate.***
- Schedule a large reward for taking the first step.

Prepare to Start: Motivate

- **Arrange with your therapist to take the first step during on online therapy session.**
- **Have loved ones present to cheer you on.**
- **Practice relaxation/ meditation, positive self-talk, then work on closet.**

Sandy

- Sandy followed the advice on the last few slides.
- With her therapist's help and medication on board, she very slowly re-organized one zone after another of her closet **over six months**, working 15 minutes at a time, 5 days per week, her limit.
- She always did some organizing during online therapy sessions.

Sandy

- **At the end, she was very proud of her accomplishment.**
- **And she gave away enough clothes to charity to give many lucky women very nice outfits.**
- **Everyone was happy!**

Do Better in Crisis At Last Minute

- Then create a “**crisis earlier than last minute.**”
- House cleaning: invite friends over every 2 weeks so you will stay on track cleaning the house.
- Schedule meeting with Tax Professional in early March so you will prepare papers for taxes
- Identify someone to be accountable to for each task.

“Bad” Attitude: Challenge Negative Self-Talk

- I’m a failure. I never get anything done. Why bother?.
ADHD makes it harder. *I’ve got coping tools & helpers. I can do this.*
- I have plenty of time. I’ll watch TV for a while, then do the chores. *ADHD warps my sense of time. The chores take more time. I will plan it & do them first, then watch TV in free time remaining.*
- I hate doing this. *I may hate doing the taxes, but taking it in small steps & thinking about money I may get back, I can get them done.*