

Understanding ADHD

More Than Just a Diagnosis



Have You 
Ever Felt Like
This?

- Constantly Forgetting Things?
- Overwhelmed by Simple Tasks?
- Easily Distracted?
- Struggling to Stay Organized?

TG Coaching

5 min read

Can You Relate?

- **Forgetful?** Maybe you've missed appointments, forgotten important tasks, or consistently lose track of time.
- **Everyday Tasks Feel Overwhelming?** What seems straightforward to others might feel like climbing a mountain to you.
- **Easily Side-Tracked?** You start a task but end up doing ten other things before you realize you never finished the original task.
- **Clutter Everywhere?** Piles of papers, misplaced items, and an overwhelming sense of chaos might be your everyday reality.



You Are Not Alone

If any of the above sounds familiar, you're not alone.

Many people experience these challenges and often wonder if there's something more to their struggles.

For some, these are signs of Attention-Deficit/Hyperactivity Disorder (ADHD), a common but often misunderstood condition.

What Is ADHD?

ADHD is more than just being easily distracted or hyperactive. It affects your ability to manage time, stay organized, and maintain focus.



This can lead to struggles with executive functions; those mental skills that help you plan, focus, remember instructions, and juggle multiple tasks successfully.

The Hidden Challenges

People with ADHD often face unique challenges that aren't always visible to others:

- **Executive Function Struggles:** These include difficulties in planning, prioritizing tasks, and making decisions. You might find it hard to start or finish projects, leading to feelings of frustration or inadequacy.
- **Time Management Issues:** Losing track of time, being late for appointments, or feeling like time slips away from you can be common occurrences.
- **Impulsivity:** Acting without thinking or having trouble waiting your turn can create problems in social settings and relationships.
- **Emotional Regulation:** You might experience intense emotions that are difficult to control, leading to mood swings or emotional outbursts.

The Importance of Professional Diagnosis

If you recognize these challenges in yourself, it's essential to seek a professional diagnosis. Only a qualified healthcare professional, such as a psychologist or psychiatrist, can accurately diagnose ADHD.

This diagnosis is a critical step in understanding your experiences and accessing the appropriate treatment and support.





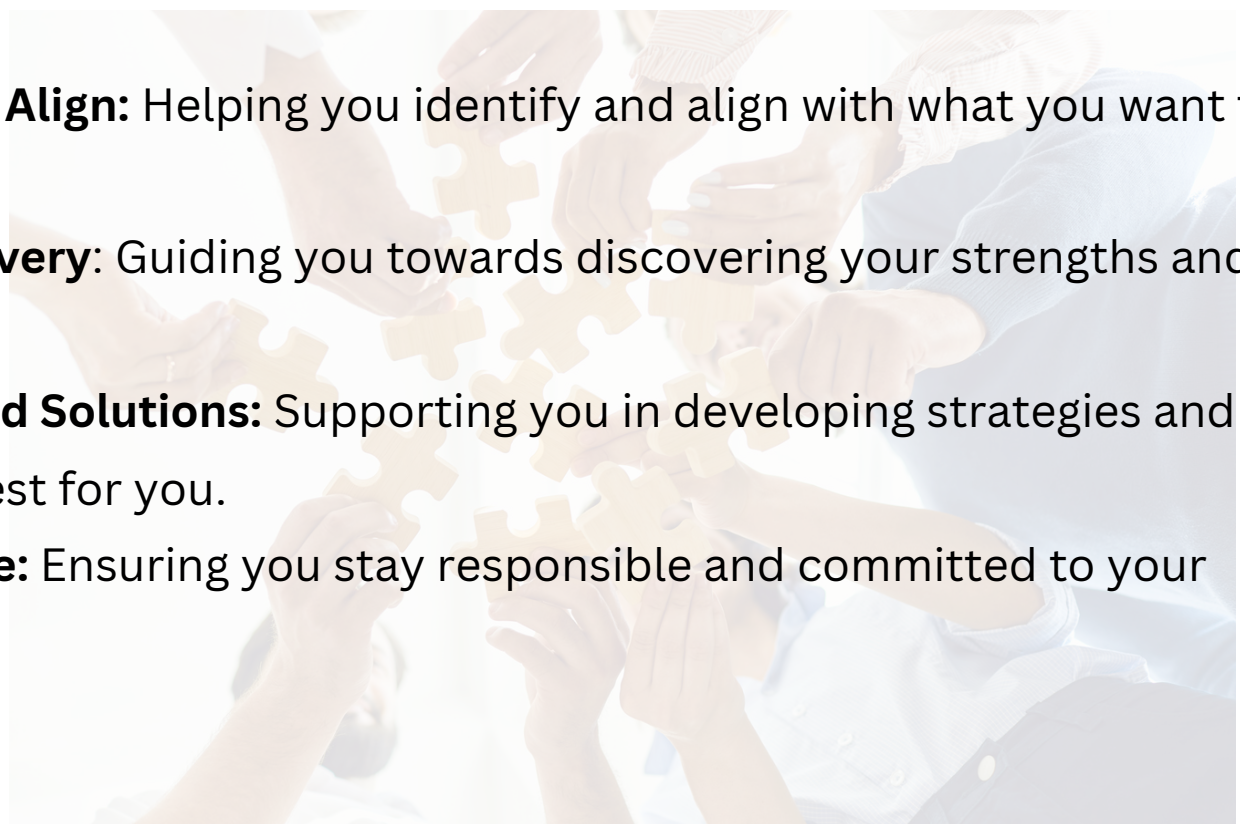
How Coaching Can Help?

While a professional diagnosis is crucial, managing ADHD effectively often requires a comprehensive approach, including coaching.

As a ADHD Life coach, I am not here to diagnose you but to support you in your journey.

I believe every client is creative, resourceful, and whole. Based on this foundation, my responsibilities as a coach include:

- **Discover, Clarify, and Align:** Helping you identify and align with what you want to achieve.
- **Encourage Self-Discovery:** Guiding you towards discovering your strengths and potential.
- **Elicit Client-Generated Solutions:** Supporting you in developing strategies and solutions that work best for you.
- **Hold You Accountable:** Ensuring you stay responsible and committed to your goals.



- **Realizing the Impact**

- Many people go through life without realizing how much ADHD affects their daily functioning. They might think they're just disorganized or easily distracted, without understanding the underlying reasons. This can lead to a cycle of frustration, low self-esteem, and feeling overwhelmed.

- **TAKE THE FIRST STEP**

- If any of this sounds like your day-to-day life, you're not alone and it doesn't have to stay this way.
- **Taking the first step** towards understanding your ADHD or struggles with focus and organization is empowering. Imagine a life where you feel more in control, more focused, and less overwhelmed. Ready to take that step?
- Let's work together to create a realistic plan that works for you. You don't have to navigate this journey alone; I'm here to help.

Are you ready to take the first step towards understanding and managing your ADHD?



Together, we can create a plan that works for your unique needs, helping you feel more in control and less overwhelmed.

Let's start this journey one step at a time; your next step starts here.

You can reach me at: trish@tgcoaching.org or **1-443-526-1013**

