



ADHD FLOW STATE ON DEMAND PART 2

SHAME SPIRAL TO FLOW CYCLE

Your ADHD pathway from nervous system overload to flow cycle syncing. Rewire stress into clarity, creativity, and calm control.



Masterclass 1

Welcome & Recap

Break the ADHD Burnout Loop: why your brilliance keeps backfiring – and how to turn chaos into clarity.

The Push–Crash–Shame–Repeat Cycle

Recap from Masterclass 1:

In Break the ADHD Burnout Loop we explored the push–crash–repeat pattern:

1. You push through with intensity and hyperfocus.
2. You crash — physically, mentally, emotionally.
3. You repeat the burnout cycle, blaming yourself for inconsistency.

We uncovered why your brilliance keeps backfiring — and how to turn chaos into clarity by identifying:

1. Your biggest flow blockers
2. Hidden burnout drivers
3. Your key flow trigger for this week

FLUX
TO
FLOW



WHO AM I?

MY STORY



Hi, I'm Cat Duval

I blend flow science and yoga to help ADHD founders ditch burnout culture and tap into their high-performance potential — so they can build businesses that feel as good as they look on paper.

I'm a Senior Yoga Teacher trained in six schools of yoga, a certified High Flow Coach with the Flow Research Collective, and yes — I can also hypnotise you into loving spreadsheets if needed.

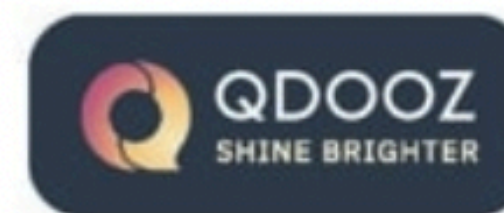
Since 2010, I've had the joy of coaching over 25,000 humans — including Fortune 500 C-suite execs who now swear by flow state as their secret weapon — across 14 countries.

These days, I live in a modern eco-village near Bristol, where I balance my Acroyoga practice, my dog's social calendar, and my ongoing love affair with nature.





Happy Clients





Happy Clients



“It was absolutely awesome, perfect for people truly living the ‘balance it’ bucket. Our clients loved it! You made people feel valued and your take on wellbeing and happiness is both exciting and easy to connect with en masse, you have a gift!”

Jodie Saint

Pl-Live - Live It Manchester



“Cat is offering something completely unique to the market, bringing yoga, meditation and team bonding together in a meaningful and entertaining way. Original and genuinely engaging with a deep sense of connection and fun.”

John Gorman
Director, Microsoft Accelerator

Microsoft Accelerator
Founders' Summit

 Microsoft





“Thank you for the huge impact you had. Everyone’s feedback has been very positive. You brought everyone into the room to experience the evening consciously and with an open mind. It made the experience much more valuable and meaningful. Thank you.”

*Nancy Fechnay
Inspire Movement, Google UK*



Flow Masterclass Part 2

TRANSFORM THE SHAME SPIRAL TO FLOW CYCLE

Today's Transformation

Now we go one layer deeper: the hidden driver behind this loop – shame.

Shame is what turns a temporary crash into a chronic self-attack.

It's not just exhaustion. It's identity-level depletion.

Today, we move from burnout to breakthrough. We'll explore:

- How shame hijacks your nervous system
- How to rewire that response through compassion
- How to master the Flow Cycle – the rhythm that sustains focus, energy, and ease



What the Shame Spiral Really Is

The Shame Spiral = internalised self-punishment.

It's the moment your nervous system mistakes rest for danger and self-reflection for failure.

Instead of repair, you spiral into:

- Overthinking: "Why can't I just get it right?"
- Self-judgment: "I should be further ahead."
- Withdrawal: Hiding, numbing, or people-pleasing to avoid being "found out."

Emotionally: Shame turns self-awareness into self-criticism.

Mentally: It fragments focus and drains working memory.

Physiologically: It locks the body in a stress response loop – cortisol spikes, dopamine dips, and your prefrontal cortex (the flow hub) goes offline.



The Cost of the Shame Spiral

When left unaddressed, shame hijacks your system at every level:

🧠 Neuroscience: Your threat response stays activated – blocking creativity, decision-making, and flow entry.

💔 Emotionally: It erodes self-trust, amplifies perfectionism, and fuels imposter syndrome.

🔥 Energetically: It drains motivation and makes recovery feel unsafe – so you push again, and the cycle continues.

But when you learn to speak to shame with compassion, you deactivate the threat loop.

This is where healing begins – and where the Flow Cycle can finally take over.



*“Shame cannot survive
being spoken.”*

– Brené Brown



From Shame to Safety

The Power of Self-
Compassion

Shame dissolves in the presence of compassion.

When we meet our shame with understanding instead of judgment, the nervous system feels safe enough to reset.

🧘♀️ Neuroscience: Compassion releases oxytocin and serotonin, calming the amygdala and reactivating the prefrontal cortex – your flow gateway.

💖 Emotionally: Forgiveness softens resistance and reopens curiosity.

🌊 Energetically: The body exhales – shifting from “I failed” to “I’m learning.”

This is where healing begins: forgiveness as a flow practice.

Now we’ll explore a simple yet profound technique to release shame and restore balance – H’ōponopono.



Section 2

The H'ōponopono Flow Practice

A powerful self-healing technique

Ho'oponopono is an ancient Hawaiian forgiveness technique and self-healing practice.

You can use it on any problem and you don't need to know the cause of the problem, which is a big advantage.

The Four Phrases

Repeat each phrase slowly, breathing it into your heart:

I'm sorry

Please forgive me

Thank you

I love you

This practice rewires shame into safety, reconnecting you with empathy, humility, gratitude, and love – the nervous system drops into parasympathetic with emotional release, and allows the neurochemistry of flow.

The Exercise:

The H'ōponopo no Flow Practice

Write 10 thoughts for
each phrase.
These can be memories,
beliefs, or moments of
self-judgement ready to
release.

I'm Sorry:

What do I regret or wish
I'd done differently?

What moments of self-
betrayal or neglect need
acknowledgment?

Please Forgive Me/ I Forgive You:

Where do I need to
release guilt or
perfectionism?

Thank You:

What am I grateful for –
even in struggle?

What lessons or growth
can I honour?

I Love You:

How can I honour myself with
tenderness today?

How can I celebrate who I'm
becoming?



Integration: Reflection:

From Forgiveness to
Flow

As compassion deepens, your system finds safety again.

Safety allows focus. Focus fuels flow.

1. Take a breath.
2. Notice the shift: Notice how it feels to meet yourself with softness instead of striving.
3. You've just opened the door to the Flow Cycle.

That feeling of relief, clarity, openness?
That's your nervous system returning to safety – your gateway to flow.

Next, we'll explore how this cycle works – and how to ride it consciously to turn every burnout into a breakthrough. 🌊



Section 3:

The Four Phases of the Flow Cycle

Once compassion restores balance to the nervous system, you're ready to ride the rhythm of flow.

Flow isn't constant – it's cyclical, like nature.

Each phase builds on the next. Skip one, and flow stalls.

The 4 Phases of the Flow Cycle:

🔥 1. Struggle – Challenge, frustration, skill-building

☁️ 2. Release – Letting go, switching off, surrender

🌊 3. Flow – Deep focus, timeless absorption, peak performance

🌙 4. Recovery – Rest, integration, renewal

These phases repeat like tides – your blueprint for sustainable performance.

4. Recovery

Delta Brain Waves

Serotonin / Oxytocin



The Flow Cycle

1. Struggle

Beta Brain Waves

Cortisol / Norepinephrine



3. Flow

Theta / Gamma Brain Waves

*Dopamine / Endorphins
Anandamine*



2. Release

Alpha Brain Waves

Nitric Oxide





STRUGGLE

The Struggle
phase is
intrinsic to Flow.

1st Stage

Many stop here thinking they are doing things wrong It works backwards.

Frustration is the sign you are heading in the right direction but it carries fear from past burnouts that needs emotional management.

🧠 Struggle is at it's best with feedback and Challenge

🧠 It's meant to feel hard.

🧠 This is the learning curve where friction sparks neuroplasticity.

🧠 Your dopamine dips, frustration rises — stay curious.

🧠 Tip: Set clear goals and chunk big tasks down.

💬 “Frustration is a sign you're heading in the right direction.”

Exercise: Identify one area you're resisting
– what skill are you secretly building?



RELEASE



Release is the
balance when
skill and
challenge meet

2nd Stage

It happens when there is a sense of ease that comes with this balance. Focused attention: The prefrontal cortex, which is responsible for functions like planning and decision-making, tends to quiet down. This aids in the feeling of being fully absorbed in an activity and not being distracted by unrelated thoughts.

Stop pushing. Step back. Let go.

This is the reset switch that allows flow to emerge.

  **Neuroscience:** The prefrontal cortex quiets down (transient hypofrontality).

 Flow emerges when you *stop over-controlling*.

Exercise: Name one ritual that helps you drop into ease – walk, shower, dance, stretch.



FLOW

The state of
peak human
consciousness

3rd Stage

The state where time disappears and focus feels effortless.
Action and awareness merge. You perform at 5x your baseline potential.

8 Signs You're in Flow:

1. Deep focus
2. Clear goals
3. Effortless progress
4. Timelessness
5. Loss of self-consciousness
6. Challenge-skill balance
7. Intrinsic motivation
8. A sense of control

Exercise: Identify your “flow activities” – what makes you lose track of time?



RECOVERY

Recovery is
Vital to
Complete the
Flow Cycle

4th Stage

Flow is expensive. Recovery is essential.
Without recovery, you burn out.
Recovery enables future access to flow.
Without recovery, flow is physiologically diminished.

Activities Include:

- Sauna
- Cold Water Therapy
- Meditation
- Exercise
- Sleep
- Nutrition
- Fasting

Exercise: Choose one recovery ritual to integrate this week. Schedule it.



TAKING ACTION CREATES TRACTION

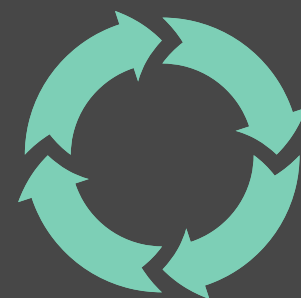
Self-coaching for Flow Cycle integration



REFLECTION:



What is your understanding of Flow Cycle?



Name 1 low value, time-suck habit you can *stop* doing this week?



Name one tangible flow activity you choose to integrate next.





**Chosen Flow Cycle
Activity:**

Clear Goals:

1

2

3

4



BREAK DOWN
FLOW CYCLE
INTO CLEAR
GOALS





Section 4:

Your Questions Answered

🧩 “Can ADHD brains really get into flow?”

Yes – ADHD brains are wired for novelty, challenge, and creativity. Flow is your natural state when those needs are met.

⚡ “What if I can’t stay consistent?”

Flow isn’t linear. Consistency comes from rhythm, not rigidity.

🌊 “What if I burn out again?”

Flow without recovery = burnout. Flow with recovery = brilliance on repeat.



Section 4:

Future You

One-Year, Three-Year, Five-Year Vision

1 Year: Focused, confident, fewer crashes.

3 Years: Thriving business aligned with your energy.

5 Years: Fully embodied flow – freedom, impact, and fulfilment.



You now understand how the Flow Cycle works.

But how do you live it automatically – integrating it into your daily rhythm until it becomes second nature?

That's what we'll explore next in:

Masterclass 3:

ADHD Flow State on Demand:

Hardwire focus, ease, and self-trust into your daily rhythm

[YES.CATDUVAL.CO.UK/FLOWCLASSREPLAY](https://yes.catduval.co.uk/flow/classreplay)

Masterclass 3 on Friday!

What's Next?

You now understand how the Flow Cycle works.

But how do you live it automatically – integrating it into your daily rhythm until it becomes second nature?

That's what we'll explore next in:

Masterclass 3: Flow on Demand
– Hardwire focus, ease, and
self-trust into your daily rhythm.

THANK
YOU!



[YES.CATDUVAL.CO.UK/FLOWCLASSREPLAY](https://yes.catduval.co.uk/flowclassreplay)