

SEXUALITY & ADHD
TRUTHS & SOLUTIONS

*Understanding Life
with Different Brains*

*For adults, couples & families
who want answers.*

By Diane Délima

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Dear Reader,

I have written this eBook to help you understand, in plain language, how the ADHD brain works and how it is different than the neuro-typical brain. This is what I wanted to know when I was told I had ADHD. It is not only applicable to ADHD. Any different brain will be empowered by this information. Genius, gifted, ASD and more.

It is also my intention to provide you with quick and easy facts, and solutions to common problems, to get you on your way to taking control of your life. No two neuro-diverse brains are exactly alike.

Know that there is an ADHD gene, meaning that often if a child has ADHD, one or both parents can have it also.

ADHD can also come at the onset of a brain injury. Sometimes it will only last for a period of time, it can also be permanent.

Thank you for purchasing

Sexuality & ADhD Truths and Solutions

Understanding Life with Different Brains

A Bit About Me

Academic and Life Credentials:

I have been called a knowledge junkie. I have taken courses on several topics of interest and worked at many great jobs. Learning and growing have always been my main interests life.

I have a Bachelor of Arts with a concentration in Gerontology (the study of being human/quality life from birth to death), a Bachelor of Education (I have taught most subjects in elementary schools since 2002), a Social Service Worker Diploma (I am registered with the Ontario College of Social Workers and Social Service Workers). I am an Associate Certified ADHD Coach (from ADDCA), and a Licensed Erotic Blueprint Coach (from Jaiya-New World Sex Educator). I am a Certified Accelerated Evolution Coach (Accelerated Evolution Academy), and most of all, I am a happy, creative, fun-loving entrepreneur with a brilliant Super-Brain. My passion and purpose are to empower adults and couples to acquire their best life ever by bringing more peace, fun and satisfaction into their lives. Often that means healing hurts from the past and present, to allow more pleasure in.

I love people and hearing their stories. We are all so unique.

To my education, we can add my studies of Theology in Alabama: I was a Missionary, a Certified Speaker and Writer, a Certified Doula, a Certified Weight Loss Coach; I was an Employment Counsellor, I have been an Editor, a Model, a Community Theatre Actress, a Competitive Tap Dancer, and there's more.

If you have ADHD, you understand 😊

More of my many jobs/interests:

I have been a sales associate, a promoter, an Instructor of English for Newcomers to Canada, a Service Canada Representative, a waitress, a Rehabilitator for people in recovery from addictions, a Caterer, a Choreographer, a Wedding Planner, an Event Planner, a Wigger (fitting wigs), a Videographer's Assistant, and I could go on.

If I thought something would be interesting, I knew I could learn it and do it. I love to experience life.

Sometimes I was afraid, yet I always pushed past my fears. I still love anticipation and challenges. I have always been curious, adventurous, fun, driven, sensual, resilient and creative. All great traits of many people with ADHD. 😊

I have also owned a successful clowning business, a cleaning business and now I have finally found a way to combine my passions, education, and experiences into one amazing profession.

Being a Sexuality & ADHD Coach/Therapist is extremely satisfying. To know that all of my many struggles have led me to this exceptional profession, which empowers so many people, makes everything worthwhile.

So many people feel like they aren't good enough. Together we find their Superpowers and they recreate their life accordingly.

Loving people to wellness energizes me. With every client, I embark on an important new journey of transformations. It is a privilege to be invited into people's most vulnerable places, to help them discover how amazing they truly are with their "Super Brain".

The Difference Between Counselling/Therapy and Coaching

Counselling helps people find and deal with hurts from their past that are blocking them from moving forward. Maybe you react to things the same way you did when you were a child. Back then that reaction may have protected you but as an adult it can prevent you from growing and from being your authentic self. Counselling helps find blocks, understand them differently and heal them. I have a less conventional way of doing this. You will not be revisiting the past very long. With Accelerated Evolution, even extremely bad things that happened can be processed and let go in less than a few hours.



Coaching is more about moving forward. Taking someone where they are and helping them get to where they want to go. Many dreams are created and fulfilled in coaching. The two are different and both important. It's rare that someone can move forward all the way while they still have one foot in the past. Healing is crucial to wellness.

Early Signs of ADHD

I was almost 40 when I realized I had a neuro-diverse brain, and my kids had different brains too.

When I finally decided to learn about my unique brain wiring, and I discovered how awesome it was, I was so empowered that I just had to share.

Things that were noticeable in me from a young age:

- external hyperactivity
- very risky behaviours
- extremely creative - another idea every few minutes
- very impulsive
- always wanting to understand the why
- big lack of boundaries
- very passive
- lots of fears
- low self-esteem
- talked excessively/often drained people
- constantly doubting myself
- needing a lot of encouragement and nurturing
- extremely black and white thinking - sometimes explained as all or nothing thinking
- interested in everything
- promiscuous/mistaking sex for love
- extremely intelligent
- very literal

- always curious
- socially awkward
- very intense
- too trusting
- spontaneous
- avoided making decisions in fear of making the wrong ones

I grew up in the 70s when ADHD information was almost non-existent in Northern Ontario. I often felt rejected, unaccepted, and very different. What happened because of these Super-Brain traits is a much longer story.

I tell you all of this to assure you that I speak from experience. I have lived a chaotic life with my neuro-diverse brain before I learned how to manage it. It was a mess! I felt set up for failure. That is what has fueled me to search for answers. As I learned how to become the driver of my own life, I made it my mission to help people understand and embrace their incredible different brain. Everyone is created to be awesome!

YES! It can be done, no matter how severe your ADHD, no matter what you are going through. If you are ready for change, you will be empowered by coaching and you will find a life of balance, peace, and satisfaction.

If you are a parent of a child with a different brain, and feel that you and your child of any age just can't understand each other, coaching can be a bridge between you and your child. Just remember to look for a **Certified** ADHD Coach.

You can begin by contacting

CADDAC in Canada <https://caddac.ca/>

ADDCA in the US <https://addca.com/adhd-coach-training/>

Divorce is often harder on parents and kids with ADHD. Parents who put aside their differences and attend coaching together or separately, can still build a happy family.

I do not diagnose ADHD and I do not debate whether there is a need for medication.

Some people do very well with coaching alone, while others need medication and coaching.

For some people, medication allows them to use their entire brain for the first time. (Laurie Dupar)
It's important to find the right medication and the right dose for you. It is not about your weight. It is about your sensitivity.

For clarity, I would like to explain that ADD (Attention Deficit Disorder), was removed from the Medical Diagnostic Manual in 1996. The only diagnosis now is ADHD. What used to be ADD is now a subtype called inattentive ADHD. That just means that the person does not have outward hyperactivity. The hyperactivity is in the brain. The imagination of an inattentive often creates a world in their head that is more interesting than the outside world. People around them may refer to them as day dreamers or being tuned out.

I am inattentive and hyperactive, known as a combined subtype.

The other subtype is hyperactive without the inattention.

ADHD Misdiagnosis

I want to explain some possible misdiagnoses of ADHD that are not often discussed.

I don't advocate for the business end of these professionals; I am posting these links as a starting point, for you to have more information.

Concussions have similar symptoms to ADHD. I have ADHD because of an injury that left structural damage to my frontal lobe. I had no idea about this until I went for a brain scan a couple of years ago.

Children fall on average 200 times, and parents rarely take them to get checked. Many people who are in car accidents or who fall, do not get checked for concussions. Find out more in this video:

<https://www.youtube.com/watch?v=s3cGj1GvvA4>

Many people have ADHD symptoms because they have Binocular Vision Dysfunction.

In Canada take the quiz

<https://www.vuetherapy.ca/quiz/>

In the US Take the quiz

https://www.vision-specialists.com/patients/bvd-questionnaire/?utm_source=debby_feinberg&utm_medium=internal_link

How is ADHD Diagnosed?

ADHD is diagnosed when two or more of the executive functions have created impairments throughout your life. I have been told by many physicians that they do not get much training about ADHD. Ask your physician what experience they have with ADHD. Can they explain what is happening in the brain, how the medication works? Make sure you use a chart, even before you start the medication. That way, you can compare before and a few weeks after the meds to see the difference the meds are making. I have attached my favourite chart, from Laurie Dupar, at the end of this eBook.

Often physicians rely on a questionnaire from the DSM5 and on recommendations that come from the Pharmaceutical Representatives. A formal assessment by a psychologist can be expensive and often has a waiting list of six months or more. Sometimes an assessment is only helpful in school. Sometimes in all of life.

The assessment provider can make a difference. In Canada, you can check with CADDRA <https://www.caddra.ca/> to see if your specialist is registered to keep current on ADHD. Otherwise, ask other parents if their assessment was helpful for day-to-day issues, or if it was just to help at school.

The Neuro-Typical Brain

In the Neuro-Typical brain, dopamine, a neurotransmitter, which is made around the middle of the brain, is transported to the frontal lobe to the executive functions, which I will explain below. It makes sure that all areas have the dopamine necessary to activate tasks when they need to be performed. In other words, when the dopamine fills an executive function (EF), that EF can wake up and do its job.

The neuro-typical brain has a filter. To some extent, it prevents an overload of irrelevant information to get to the higher cortical centers of the brain, such as negativity. It protects all your senses from getting overstimulated.

I see this as a little person that takes in all the information your senses input, throws some out, informs you when to shut down/prepare to sleep, and helps you with executive functions.

The neuro-typical brain can stay focused whether it is interested in something or not. It can accomplish tasks and sleep well most of the time.

The Super Brain

To be clear, I call this incredible brain a Super Brain, because it can do things other brains can't do.

In the ADHD brain, some dopamine is getting to some areas of the frontal lobe. There is no way of knowing how much is going where except by recognizing specific impairments.

Here's an example: If one person is getting dopamine in the area of organization, that person will be able to organize their closet, their look, their day, parties, events... If someone is getting little or no dopamine to that area, they will be impaired in one or more areas of organization. It's not their fault. Their brain can't organize so well without dopamine.

That is why every ADHD brain is unique!

The ADHD brain does not seem to have a filter. Information enters the brain and swirls around like a tornado. Everything enters from our senses at the same level of importance, and no one throws out the trash. Negativity and over stimulation are usually the norm for us. We deal with it from birth. This also makes deciding anything difficult. Sometimes it's easier not to decide or to follow others. We are often overwhelmed.



The ADHD brain also functions by interest. If the brain is interested in what is going on, it will engage fully and often will not want to disengage for any reason. When the Super-brain is not interested in something, it neurologically refuses to engage. The more the person tries to focus, the more the brain will shut down. When this happens, it's not your fault. A lack of dopamine is causing that Executive Function to malfunction. The person is not bad or lazy. They want to get things done and can't. Be compassionate and kind.

Eventually the person is drained from fighting against the neurology of their brain. It is not behavioural when someone with a Super-Brain can't pay attention. They just need to learn strategies to engage the brain. Most children and adults want to make the people around them happy and proud. Making things fun helps a lot.

When someone with a neuro-diverse brain can't meet your expectations, ask yourself if what they are doing or saying is neurological (their brain is malfunctioning) or behavioral (they just don't want to listen)? Could you bring down your expectations a bit so the person can meet them? Set them up for success.

No child or adult client of mine has ever reported, planning to have a meltdown, or enjoying one.

No one wants to upset people by being distracted or by talking excessively or anything else. Quite the contrary.

It is important to stay calm and let them be for a minute. Ask if there is anything you can do to help. Sometimes they just need to go to a quiet place with less stimulation. Less lighting, less noise, less distractions.

The Reason for Sexuality & ADHD Solutions

When I discovered I had Super-Brain, I was nearly 40. I was so excited to know that there was a name for the struggles I had been facing. I went home and called around, certain I would find someone to help me understand my brain and guide me to wellness. It took me twelve years to find real help. I was so empowered, I decided to become an ADHD Coach/Registered Therapist.

When I opened my practice, in 2013, I wanted to work solely with adults. It wasn't long before I started getting calls from parents, pleading with me to see their children. After working with both adults and children for a few years, I realized that the best way to help the children was by helping their parents. I began visiting families in their homes and observing how they interacted.

We spent time reorganizing specific areas of the home to work better. We got rid of toxic foods and did easier meal preparation and grocery shopping. I watched their routines, and we tweaked them to work better. I was happy to become a part of their team and witness their daily lives improving.

After a while, I noticed certain dynamics repeating themselves in many of the families. Parents were often disconnected.

Sometimes, one did all the management of the home and the different brained child or children and felt overloaded and overwhelmed. Meanwhile the other one wondered why their partner was always too tired or upset to spend time with them. I saw couples whose lives seemed to be falling apart because of unmanaged ADHD in the children, and often, in one or both parents. I started to have sessions of coaching for the parents in my programs. This was a lot more beneficial. **The parents are the core of the family. They need to work as a team. They are the models.** If they are not living a happy, satisfied life, the children feel it and repeat it.

I started asking parents about their intimate life. What I discovered was so important.

Parents were often accusing, blaming, comparing, criticizing, and resenting each other for the way situations were handled. They sometimes felt guilty or ashamed of their family. They often felt consumed by the child or children with ADHD, and often frustrated by their inability to manage daily life themselves. They took little or no time for romance, fun or connection. If they had sex, it was usually quick and not fully satisfying. Many couples had not touched in years. They didn't talk about their sexual desires. They were not working as a team on any level. They often felt deflated, discouraged, alone, lost, and afraid.

I had some sexual knowledge and education, but I did not feel equipped for some of the issues I encountered. I searched for the best, holistic program I could find, and that was the Erotic Blueprint® Coach Program, with Jaiya Inc @ New World Sex Education. You can see a bit about this in the Netflix series, Love, Sex, & Goop, as my Master Coach and creator of the Erotic Blueprints®, Jaiya is featured.

What I experienced in the course was factual, scientific, professional, educational, freeing and healing through understanding my own sexuality first. *I discovered that how we do sex is how we do life, and how we do life, is how we do sex.* I appreciate the clients who were so gracious to let me coach them through The Erotic Blueprint® Breakthrough Course as a Bonus to my regular program so I could become better at empowering them. It was so moving to watch them transform as they became more aware of themselves as Erotic Beings. The healing went so deep for the clients, individually and as a couple, many of those thinking of divorce ended up happy and satisfied together. The children benefit greatly when their parents are enjoying each other and working as a team. I also was grateful to some clients for allowing me to work with their teens, teaching them real sex education and how it impacts your mind, body, energy, and future. It's great to see teens open up and feel safe to discuss their questions about sex, and sometimes their sexual experiences, good and bad.

Did you know there is a higher rate of teen pregnancies, promiscuity, sexual trauma, suicidal ideation, gender confusion, pressure sex, in Super Brains? This is often due to the lack of boundaries, the problem with making good decisions for self, the desire to please and be accepted, and sometimes, just the fact that it feels so good to be touched, things go too far. In my practice, when I present how the Executive Functions impact our daily lives, I include how it impacts our sex lives. If you are interested in this presentation, email info@dianedelina.com and ask for the presentation; How Executive Functions Impact the Super Brain.

Let's go back to the chapter on ADHD misdiagnosis. If you suffer any kind of head injury, it can affect your pituitary gland, which is the centre of your eroticism. An injury, medication, diet and air freshener, can cause your hormones to change and impact your sex life.

The Five Erotic Blueprints®

I am a Certified Erotic Blueprint® Coach, and I want to tell you a little about the Erotic Blueprints®.

Jaiya, Creator of the Erotic Blueprints®, is also the founder of New World Sex Educator. She is my Mentor and has been my guide in merging sexuality and ADHD. People with ADHD can't recreate their best lives, without including sexuality. That is such a big part of who we are.

I want to make sure everyone understands that before diving into any sexual activity, it is recommended to learn about consent and creating containers, to understand what is expected and what both people want, even if you have been together for years. Follow me on Facebook to learn more <https://www.facebook.com/EroticCoachDiane> you can also ask questions at info@dianedelina.com

Here are the Erotic Blueprints®:

THE ENERGETIC prefers that you play with their energy. Touching them too fast, too much or touching their genitals before they ask you to, can totally turn them off. It is important to approach slowly, gently, and to create anticipation and tease.

The energetic may love long gazes, soft sweet words about what you feel about them.

For their best arousal, they need to feel deeply connected to the person they are with.

They need to feel accepted, loved, appreciated, and understood. They can have orgasms without being touched. They can have out of body experiences and can make love in another realm. Men in this category are often the most misunderstood. They are not how you see men having sex in the media.

THE SEXUAL is someone who would love to always be naked, have a lot of genital touch. Sex energizes their life, and they feel they need to give their partner orgasms and have orgasms themselves to relax. They sometimes fall short on the foreplay, not understanding the need for the other person to be romanced, since that is not what they think of when they think of sex.

THE SENSUAL is all about their senses. They need all of their senses to enjoy the experience or they can short circuit. What they see, smell, hear, taste, feel must all be pleasurable. They can also orgasm without touch. They need to be relaxed to orgasm.

THE KINKY is not what you may think. There are so many different variants of kink. Being kinky just means you do things that are different than your norm. When discussing kink, it is very important always to have a good discussion about what will be allowed and what will not be allowed. Never try kink without first reading up on it and having a discussion with a coach. You need to create a very safe container before you begin.

There are different kinds of kink. There is psychological kink and physical kink. Both have many subtypes and degrees of intensity.

Here are a few examples: role playing, creating scenarios, submitting, dominating, going out without underwear, having sex places that are new to you, and a lot more.

THE SHAPESHIFTER is someone who loves it all. I have noticed that many people with different brains and hyperactivity, are Shapeshifters. If you are often told you are too much, want too much, your desires are unreasonable, you need too much sex... you are most likely a Shapeshifter. There is nothing wrong with you or your partner. You can learn to be happy together, even sexually.

THE EROTIC BLUEPRINTS® allow people to learn about their own desires and how to feed, speak, heal and enjoy them. Once you know yours well, you can expand into other blueprints. You have the right to enjoy sex. The body was built for pleasure. There are organs, such as the clitoris, that have no other purpose in life, than to provide pleasure. This is the entire clitoris.



Executive Functions?

What Does That Look Like in Real Life?

I am not going to use the big fancy words for the centers in the frontal lobe. I'm going to explain this in my own words, and I will give you examples of how each center can affect real life. Remember that everyone is unique. The examples are mostly taken from my life.

I also want to stress the importance of drinking two to three liters (about 67 to 100 fluid ounces) of water per day. Our brain functions better and we sleep better when we are well hydrated. Sugar and coffee dehydrate.

In the frontal lobe are executive functions. They are centers for organization, prioritization, decision making, activation, time management, understanding directions, motivation, completing tasks, effort, regulation of emotions, memory, focus, impulse control, processing environmental and internal stimuli, self-awareness, planning, consistency, processing speed, problem solving, motivation, initiating/finishing tasks, processing information and learning, transitioning from one thing to another, recalling information and let's not forget the issues of over focusing, fidgeting, being distracted, money management and more.

While all of this is going on in your brain, you must make sense of it, filter or no filter. The child or adult with a different brain is also expected to do the 'normal' daily tasks of life like people with neuro-typical brains. Is it any wonder we get overwhelmed, burned out and deflated?! This leaves many with different brains asking themselves, "What is wrong with me?"

Well, you are no longer alone to figure this out.

Let me show you how this plays out in real life:

1. Problem - Imagine all information from your senses, entering your brain at the same level of importance and spinning around, distracting regular thought processes. You are also carrying feelings from negative comments people have made because you couldn't meet their expectations from a young age. You have no way of prioritizing what is more important or relevant. You will focus on the negativity so much that it will affect your self-worth and confidence even more. You often doubt yourself and everything you do. Yet you are trying to fit in and appear "normal".

Now try deciding. Even selecting what you want to eat from a restaurant menu can be hard; try to think of what you are supposed to do next; try to find your car keys; try to write an essay. Chances are, while you are trying to make sense of the information twirling around in your head, you won't know where you put the keys, you won't remember what you were supposed to do, and you will struggle to decide almost anything. The more decisions you are asked to make, the more overwhelmed you may get.

Solution – Think of one thing at a time. Find two or three options or solutions. Sometimes, you may have to tell someone you need more time to process before answering. Ask yourself the questions on the Daily Solutions Chart below and start to trust your decisions.

For children, only give them two choices and be very clear. Would you like to do this or that? Do you want to eat this or that? Do you want to play this or that?

2. Problem - It works the same way when wanting to start a task or when trying to recall information even if it has only been a few minutes since you were given instructions or asked to do something. The chaos inside the brain is always there. It is very distracting and often skews perceptions.

Solution - I recommend asking for written instructions that follow a sequential order or writing a list yourself. This is especially important for daily tasks such as morning and after school routines, work routines and/or procedures for getting things done.

You can make a chart and put pictures on it. Keep it basic. For kids up to 15 yrs. old, only two or three things per room. For adults, I like making a list of what I want to do for the week on Sunday or Monday. I put it on the wall. Each day, I circle one thing that is important to do. I do that first. I often look for a second thing to do. I circle it and do it next. Then if nothing else gets done, I feel good that I have accomplished my top two things.

3. Problem – Not meeting expectations. I see this in many couples. It is important to note that with neurodiversity, the brain, which is the physical component of the body, sometimes misfires and that makes it hard for the mind, the who of the person, (what they feel, believe and value) to act the way they would like to act.

The person may react to something rather than respond.

Remember that this is neurological, not behavioural. The daily checklist at the end of the booklet can help with this. Most Super-Brain children and adults hate that they can't be like other people. They may get discouraged/deflated/angry/sad. They get overwhelmed and think they aren't good at anything. They ruminate. The tornado gets so big, they may have a meltdown.

Solution - Allow them their feelings, give them space, ask if there is anything you can do to help and just be there. You do not have to fix them. They are not broken, just on overload. It's not about you. They are in crisis. NO ABCs (accusing, blaming, criticizing & comparing). Super Brains need compassion. Be gentle with them. Often, they are already too hard on themselves. Focus on their many strengths and talents. Point out their successes, be positive and **have fun** with them. Keep it simple and light. Don't tell them to calm down.

4. Problem - Sometimes emotions are all over the place or they just aren't there at all. Yep, if it doesn't relate to me, I may seem detached. It doesn't mean I don't care. I just may not know what to do with that emotion, so I freeze up.

Solution - Always give them the opportunity to be heard. No ABCs (accusing, blaming, criticizing, or comparing), don't ask why. They may not know why. ***Fairness is extremely important*** to people with different brains. Whether they process slowly or quickly you must take the time to listen without distractions. Turn everything off. Questions that begin with 'what' or 'how' are best to help someone make sense of what they are thinking and feeling at that time.

Remember that the person is trying to make sense of everything going on in their head and answering questions can be difficult. Ask one question at a time. Allow the person time to process and answer before asking another question. Really listen to the answer, be thoughtful and patient. Get curious about what is making them say or do something. Don't interrupt. Show compassion.

5. Problem – You cannot focus on what you want to do. Maybe because you just aren't interested. It's boring you to craziness.

Solution To help with listening, quiet fidgety toys, or doodling can be beneficial. While the brain is stimulated by activity, the person can focus on what is going on.

For getting things done, make it fun. Create a challenge. Take a 10-minute fun break every 40 minutes or hour. You'll be surprised how much you get done.

Natural foods and vigorous exercise help with focus and a healthy sex life. Eat protein at every meal, cut sugar out (use natural sugars like coconut sugar, or maple syrup instead) and be careful of gluten. Lots of greens, cooked or raw, are recommended at least twice a day for best brain health. Load of vegetables. Half a plate of greens is super brain food.

Rocking back and forth or from side to side can help balance energy and/or emotions. **Rocking chairs** can be very helpful for Super Brains.

6. Problem - You need to work in a quiet environment and it's noisy.

Solution - Use headphones that block out noise. Go outside or to the library. Often schools and workplaces can accommodate you if you tell them what you need.

7. Problem – You think you and your partner are sexually mismatched. You don't really satisfy each other, nor do you want the same things sexually.

Solution - Often, the only problem is poor Sex Education. Most people know very little about their own sexuality, let alone about other sexualities. Check out page 17, THE EROTIC BLUEPRINTS®, for basic information.

8. Problem - You need white noise to accomplish tasks.

Solution - Get great headphones and put whatever music or white noise you need. I suggest instrumental. Words can distract. Nature sounds are often calming.

9. Problem – Visual distractions.

Solution - Ask for accommodations in a secluded area. Get a divider. Pizza boxes can make great dividers. Turn off all media/notifications and put a do not disturb sign on your door or divider.

10. Problem – You keep wondering why your romantic relationships never work.

Solution - Write down a list of 50 things you want in a partner. Make sure they are the most important traits to you. Then become it. Stop focusing on them and focus on you becoming the best partner ever. Learn to date yourself. People will treat you the way you treat yourself.

11. Problem - You need more time to process information and make decisions. You end up doing what others want even if it's not what you want.

Solution - Set up healthy boundaries and don't decide anything on the spot. That goes for purchases too. Tell someone you'll think about that and get back to in a few hours, or in a day or two. Don't forget to get back to them. Use the Daily Solutions below to help with this.

12. Problem - Change is difficult whether it be small or a big life change.

Solution - Deep breathe, as explained in Daily Solutions below, take a walk or talk to someone. Find a way to make the change a fun adventure. Ask for help if you need it. If you have a loved one with a Super Brain, find thoughtful ways to give them a heads up before any change happens if possible. WHAT YOU FOCUS ON GROWS. Focus on the end result. Spend time in nature. Deep breathe often in a day. It brings oxygen to the brain and helps blood circulation.

13. Problem - You have a problem with your temper/meltdowns.

Solution - The best thing to do is to breathe, change the situation by focusing on something else and by changing locations. Going outside is helpful. Let the people around you know it isn't a good time to talk right now. Tell them what they can do to be helpful. Maybe hold your hand or not touch you, just sit with you and say nothing. Just let you vent without giving advice. Advice can be harmful. No one knows what is good for someone else. You may ask for their opinion or suggestion. You do not have to use it for yourself.

If you need time alone, ask for it. Let your needs be known. Don't get on social media and tell the world. Go inside of yourself where the answers are. Journal or record your thoughts and feelings. Check out the problem not meeting expectations for more suggestions.

14. Problem - You cannot motivate yourself to get something going or completed.

Solution - Put a timer on and chunk the work. That means start with something you find fun for 30 minutes or less, work for 20 minutes, then do something fun again for 10 minutes and work for 30 minutes. Keep doing this. I suggest you make yourself a list of things you can do in 10 minutes or less, that you find fun. Tape it to the wall and use it. Fun things can be dancing, running up and down the driveway, making faces in the mirror, acting like a monkey around the house, jumping on the bed. Yes, you have my permission to be a child again. Do whatever is fun for you. Remember to use the timer. Keep the 10 minutes of fun and 30 minutes of work going until the work is completed. You can change up the time combination depending on the task. Also avoid distractions.

REMEMBER! To the ADHD brain, FUN IS POWER!

For the Neuro-Typical People

To anyone who has someone in their lives with a different brain, praise that person often for anything done well. Celebrate even the smallest successes in their lives. Let them feel welcomed and enjoyed in your life. Keep the lines of communication open. Have a lot of fun with that person. Get curious about them and ask questions to really know what they are thinking and feeling. What drives them to do anything. Love that person well. That will energize and allow them to be authentic. **Use your words to build up, not to tear down. No ABCs (accusing, blaming, criticizing & comparing).**

Adults and children with Super Brains don't need punishment. It does not help them learn to self-regulate. Sometimes the way someone with ADHD feels is punishment enough. Instead, be quick to forgive and ask, 'What do you need from me?' That's music to MY ears. Allow them a do-over. 😊 Children especially need a lot of opportunities to try again. You do not fail if you keep trying until you get it right. Failure comes when you stop trying. ADHD can be a paradox. One day someone may perform very well and the next day the person may not get much done. Show compassion. No one can be authentic and vulnerable with you if you shut them down by criticizing.

Always ask what you can do to help. Then listen to the answer. Ask for clarification if you don't understand. Sometimes, we think we explained it well, but we forgot something. Repeat what we said and allow us to make corrections. Be patient.

A Few More Things About Super Brains

By the way, we rarely learn from our mistakes, and it is frustrating to us. We don't need you saying, "I told you so." Compassion and empathy are always the best way to help us. If you don't know what that is, follow Brené Brown on YouTube. She does a great job of helping with empathy and compassion.

Without proper function of the frontal lobe and not having a filing system or a filter, Super Brains can learn brain management through outer systems. The same systems don't work for everyone with a different brain. This is unique to each person and every situation.

Keep trying new systems for a few weeks at a time until you find systems that work for you.

Parents, don't take things personally. This is happening in your child's brain; they are not doing it on purpose. It's neurological. There is no need to be embarrassed. Your child is probably more sensitive to the environment. There may be places that you can't bring them. I had that issue with one of my children. They loved going to the mall, but all the lights, sounds, colours, people... just sent their senses on overload and they couldn't regulate their emotions. It happens to adults too. Some of us are so sensitive to energy, we feel what other people feel. We can be empaths. Doing things out of obligation often leads to resentment. It is better to learn the art of negotiation than to do things out of obligation.

Here is a video on being an Empath by someone who is one and who has ADHD.

<https://www.youtube.com/watch?v=EjQ7PE2klwl>

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On my site

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I am not a doctor. The suggestions made in the eBook are recommendations from my research and experience.

Getting the Most from This eBook

Don't implement everything in this booklet all at once.

I suggest choosing one thing at a time and making it a habit before you start working on another one. To form a habit, do the one thing every day for 30 days. If you miss one day, start the 30 days over. After that, keep in mind it takes about three months, to truly set your new habit as part of your life. If you forget for a day or two, don't give up, keep going. You can do it!

Be kind to yourself and laugh a lot as you embark on this journey.

Print the Daily Checklist and tape it where you will see it.

Use it!

Envision what your life can be like when you are in control of it. Keep that image in your mind and focus on it often.

PARENTS, children model what you do. They retain about 10% of what you say. Talk less and do more. Use the checklist as a tool of what to approach your child with. They don't need to know the details or names of what you are doing. They don't need an explanation.

Just do it and invite them to do it with you. In time, they will follow if you make it fun and a regular part of your life.

Daily Solutions that Work Checklist

These are the basics that the ADHD brain needs for better brain function.

- Journal what you are thinking, feeling, and doing briefly. Keep your thoughts, feelings and actions aligned with who you are. Journal your successes no matter how big or small. If you prefer, you can record your entries on your phone or on another recording device. Parents, you can do this with your children.
- Deep breathe a lot. In through the nose, like you are smelling a flower as deep and slowly as possible. Hold for a few seconds then breathe out through the mouth, slowly like you are blowing bubbles. Notice your stomach going up and down.
- Find at least three different things you are grateful for each day. Tell someone about them. I suggest you keep a gratitude journal.
- Get outside to enjoy nature.
- Move at least 60 minutes per day. Start with 10 minutes if you need to and work your way up to an hour. This can include swimming, brisk walks, running up and down stairs, dancing, biking, sports... If you do these with your family or a friend, it can be fun. You can split it up in three 20-minute sessions or two 30-minute sessions if that is easier for you.
- Remember that refined sugar is like poison. So are diet products. Maple syrup is a great substitute, full of antioxidants, coconut or raw sugar are ok too. Fill your body with more natural foods. Protein with every meal and two or three cups of raw or cooked greens per day.

- Sleep will make or break your day. Getting to bed when your body is tired, not your mind is crucial. **Adults**, by 10/11 pm. Journal if you can't sleep. Get those ideas out of your head. Relax and start getting ready an hour before you want to sleep. No screen time two hours before bed. It can mess up your melatonin. The sleep you get before midnight is better sleep. **Parents**, when your child looks tired, teach them to care for themselves and go to bed. During the day, teach them to take a rest or meditate. Do not make them override their fatigue for your own pleasure. Being a parent means sacrificing for your child to have the best life possible. Do not mess with your child's bedtime routine. Keep the same bedtime even on weekends. Growing takes a lot of energy and needs a lot of sleep. Having a different brain can mess with sleep. Consistency is key.

Listening to our bodies improves our quality of life and can even save our lives. Train your child to listen to the signs their body gives them.

Here are sleep guidelines from the Canadian Association of Pediatricians. Adjust accordingly.

Infants 4 to 12 months	12-16 hours
Toddlers 1 to 2 years	11-14 hours
Children 3 to 5 years	10-13 hours
Children 6-12 years	9-12 hours
Teenagers 13 to 18 years	8-10 hours

- Very crucial is having fun often in a day. FUN IS POWER! It boosts dopamine.
- Meditation for 5 to 20 minutes a day reboots the brain. I love the Honest Guys on YouTube. Moving meditation is when you focus on one thing. Example: walking focusing on how the bottoms of your feet feel. Rocking, focusing on the back-and-forth movements. Bouncing a ball, focusing on the sound or movement.
- If you take medication, remember to take it and chart how it is working for you. My favourite chart is attached with permission from Laurie Dupar. If you are not already on medication, chart a week or two before taking medication, then for at least four weeks after. Notice what the difference is. It is important to chart regularly and if there are changes in how your medication is working.

Remember to celebrate daily the things you do well.

Forgive yourself for the things you forgot, and don't worry about perfection.

We are all a work in progress.

Respect yourself, be kind to yourself, love yourself and

HAVE FUN!



LAURIE DUPAR
COACHING
 FOR
ADHD

Weekly Medication Log

*Fill out **daily** to track medication effectiveness

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	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Name of Medication:							
Dose of medication:							
Number of tablets:							
Time(s) you are taking the med:	AM: PM:	AM: PM:	AM: PM:	AM: PM:	AM: PM:	AM: PM:	AM: PM:
Time medication wears off?							
How many hours of sleep did you get last night? Hours of Nap?	sleep: Nap:						
Rate your Mood today 1 (bad) to 10 (great)							
Rate your irritability/agitation 1 (a little) to 10 (a lot)							
Rate your ability to Concentrate/Focus today 1 (a little) to 10 (a lot)							
Rate your Memory for today 1 (a little) to 10 (a lot)							
Rate your Energy for today 1 (a little) to 10 (a lot)							
Rate your Ability to complete tasks 1 (a little) to 10 (a lot)							
Rate your Motivation/Incentive 1 (a little) to 10 (a lot)							
Rate your Appetite 1 (a little) to 10 (a lot)							
Rate your Impulsivity 1 (a little) to 10 (a lot)							
OTHER... ? NAUSEA? HEADACHE? TICS?							

