

When You

think

You're Behind

FOCUSED

with kristen carder

Worksheet Created by Paula Engebretson



A familiar story our ADHD brains love to tell is “I’m behind.” But here’s what’s true.

“I’m behind” is a thought; it’s not a fact.

What do you think about the concept that “I’m behind” is a thought?

When you think the thought, “I’m behind,” how do you feel?

When you think the thought, “I’m behind,” what are your typical behaviors? What do you do?

Let’s look at some examples to see how this thought unfolds in a STEAR map.

Unintentional Stear Map Examples:

<p>S: I haven’t engaged in Focused in 2 months.</p> <p>T: I’m so behind.</p> <p>E: Shame</p> <p>A: Judge myself. Avoid Slack. Spinout. Don’t open emails. Waste time. Procrastivity tasks</p> <p>R: I never get ahead.</p>	<p>S: I have a deadline for work tomorrow.</p> <p>T: I’m so behind.</p> <p>E: Overwhelmed</p> <p>A: Judge myself. Spinout. Waste time. Procrastivity tasks. Don’t ask for help.</p> <p>R: I never get ahead.</p>
---	---

Notice how the thought “I’m so behind” shows up in the result as “I never get ahead.”

What is a STEAR map in your life where you think “I’m behind”?

S	
T	
E	
A	
R	

Whenever this map unfolds, the solution is to SURF the emotion listed in your E line.

How do I SURF?

Stop: Stop what you’re doing and notice the emotion in your body.

Unfold: Allow the emotion to unfold. Describe how it feels in your body. Create space for the emotion to exist.

Recede: Allow the emotion to recede.

Figure out: Figure out why the emotion is here. What are you thinking that’s creating that emotion in your body?

Take a breath. This map is where you are.

How do you feel when you practice the thought: “This is where I am.”

--

Now what? How do we move forward?

Let’s create an intentional map.

How do you want to feel about this current situation (open, accepting, willing, grounded, etc.)? Write this in the E line of your intentional map below.

What can you think to feel this emotion? Write this in the T line of your intentional map below.

What actions will you take when you feel this emotion? Write this in the A line of your intentional map below.

What is the result you create for yourself with this new map? Write this in the R line of your intentional map below.

Intentional Map

S

T

E

A

R