Provided as a service to medicine by

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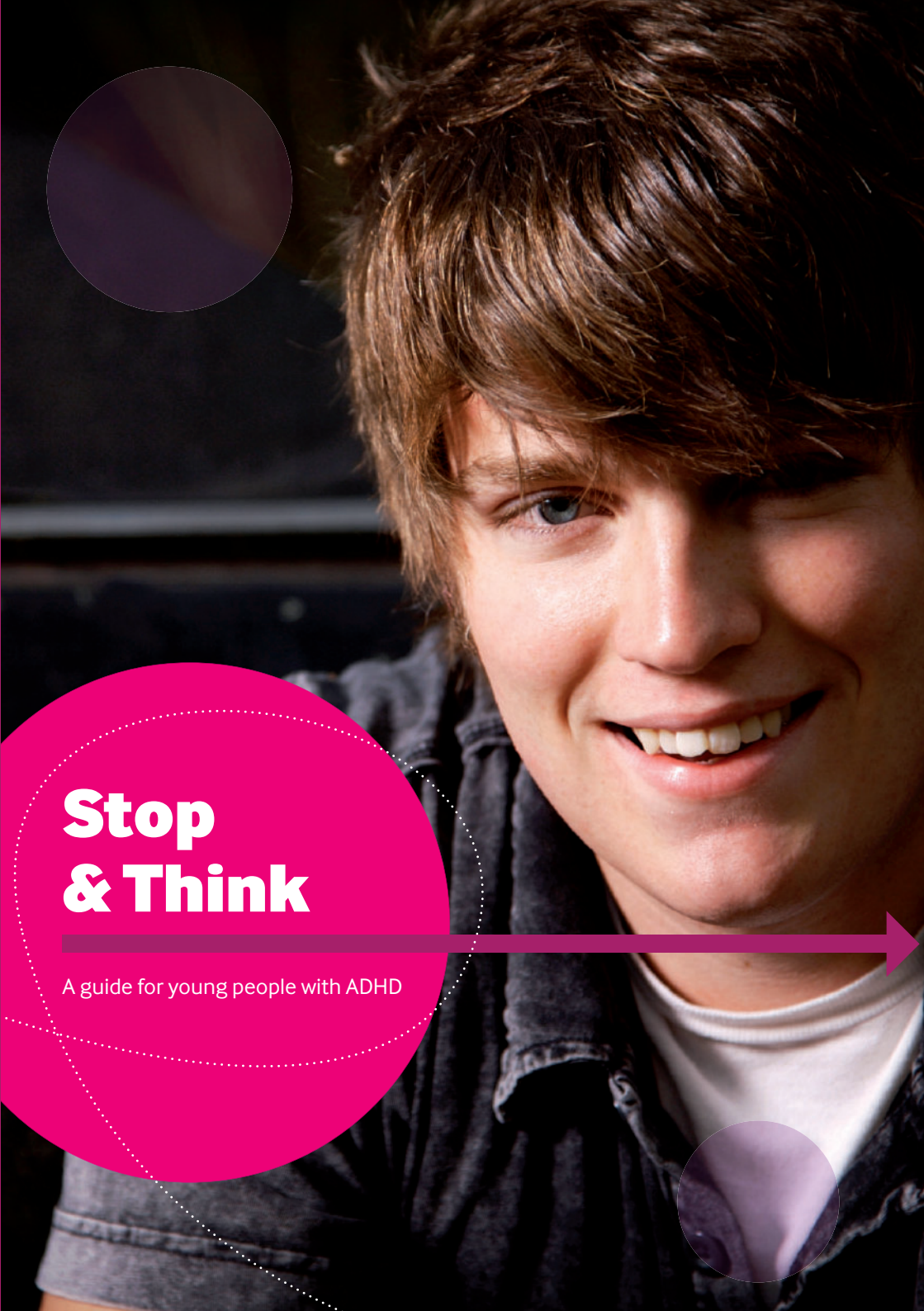

Stop & Think

A guide for young people with ADHD

Stop & Think

Wouldn't life be great if you could make good things happen more often, and make bad things happen less often?

This simple idea is the basis of a powerful tool used by smart and successful people in many different walks of life. The basic idea is to stop and think about good or bad experiences and work out what you can do to repeat the good ones or avoid the bad ones.

Step 1 – Experience

You focus on something that happened recently that was really good or really bad – see the example overleaf.

Step 2 – Feelings

You find words for how you felt about it. Get everything off your chest so that later, you can think more clearly.

Step 3 – Thinking

You figure out, calmly and rationally, what you can do to avoid the bad experiences or repeat the good ones.

Step 4 – Action

You plan what to do next time, and then do it!

Most people write things down, and you may find this helps get your thoughts clear, but it's really the thinking that counts.

Experience

Dad started going on about the state of my room and I got one of my real strops on. Said some really horrible things.

Focus on something that happened that was really good or really bad

Let it all come out – feelings not thoughts

Feelings

At first really furious, out of control. Later, when I'd calmed down, I was ashamed of what I'd said.

Thinking

If I'm going to lose it like that, it would be better to do it in private so I don't have to say sorry later for what I said.

This is the cool, calm and collected bit where you do your smart thinking

The action plan. To change things, you need to do something differently

Action

Next time I feel I'm losing it with my dad, just go to my room and take it out on the pillow.

You can use good experiences too...

Experience
Got an A for my Design coursework today!

Feelings
Proud, confident that I can do it again now.

Thinking
The key was to break it down into smaller chunks I could cope with. Big tasks just overwhelm me and I give up.

Action
Keep using the step-by-step approach to tasks that seem big or difficult.

Over to you!

Date _____

Experience

Feelings

Thinking

Action

Experience

Feelings

Thinking

Action

Date _____

Experience

Feelings

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