



# Ask the Expert Webinar Chat Series

Presented by the  
National Resource Center on ADHD

# Ask the Expert: Emotions and Motivation in ADHD



Thomas E. Brown, Ph.D.  
Dept. of Psychiatry  
Yale University School of Medicine

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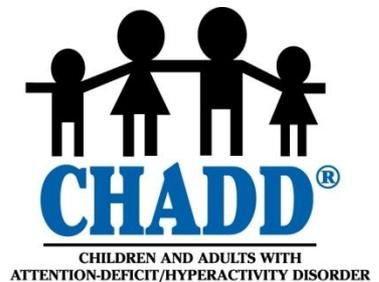
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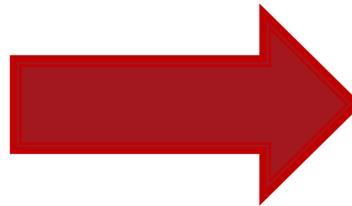
# Ask the Expert: Emotions and Motivation in ADHD



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# Please take our survey!

- ▶ Send us your feedback about today's webinar! An email will arrive shortly with a link to take the survey.
  - ▶ Thank you for helping us plan future webinars that meet the interests of the ADHD community!
- 

# Ask the Expert: Emotions and Motivation in ADHD



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# Emotions:

## The missing piece in ADHD

- ▶ Problems with emotions are not explicitly included in DSM-5 diagnostic criteria for ADHD
- ▶ Yet emotions—positive and negative—play a critical role in:
  - prioritizing and getting started on tasks
  - sustaining or shifting interest/effort
  - holding thoughts in active memory
  - choosing to engage in or avoid asks/situations

# Problems with Emotions in ADHD

- ▶ Children & adults with ADHD experience similar emotions to others of similar age
- ▶ Yet they have more difficulty in recognizing, responding to and managing their emotions

# How ADHD can affect emotions:

Reactions to small frustrations can gobble up all the space in their mind—like a computer virus

frustration/anger  
hurt feelings  
“got to have it now”  
“what if?”

# Flooding with one emotion

- ▶ While flooded with one emotion, persons with ADHD tend to forget about other relevant emotions
  - may forget their love & wish to protect the person—friend, parent, child, co-worker who frustrated or angered them and say or do things that are too hurtful

# Brakes & Ignition

- ▶ Much discussion about problems of emotion in ADHD focuses solely on **putting the brakes** on excessive expression of anger/frustration
- ▶ But many with ADHD have great difficulty with ignition— **getting started** on doing things they need to do, keeping other relevant goals in mind

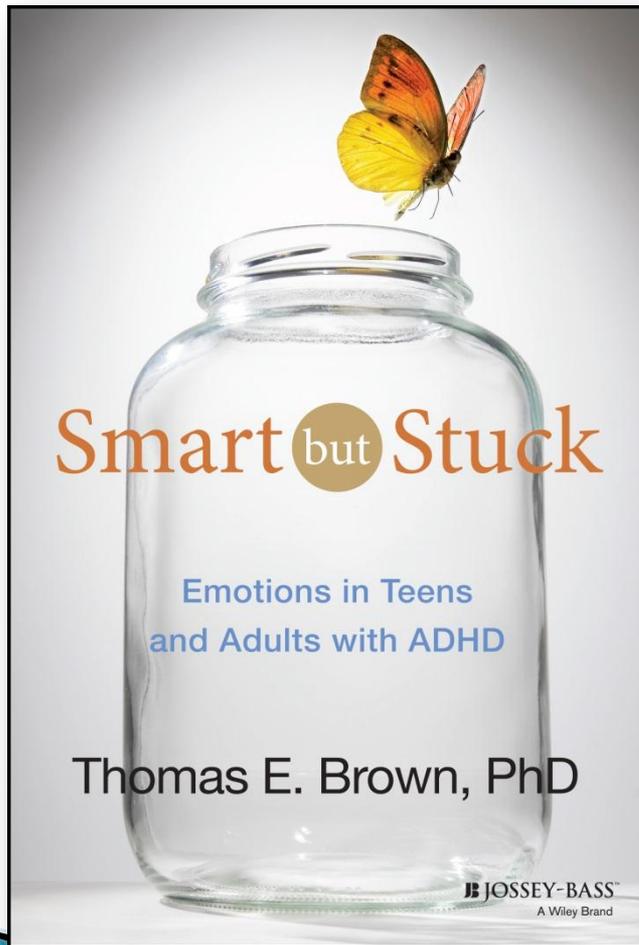
# Missing the bigger picture, the larger context and other goals

When flooded with one emotion, they may forget other goals they have or how actions of the moment may affect their bigger picture like one who is watching a basketball game through a telescope, they may miss other relevant aspects of the situation living too much in the moment, eg. want to sleep longer in am, may forget that boss warned about excessive lateness

# What may help? (nothing works all the time)

- ▶ Get help to explicitly recognize your conflicting emotions
- ▶ Review longer term goals frequently
- ▶ Adequately tailored medication for ADHD
- ▶ Defer confrontation until a cooler moment
- ▶ Anticipate and prepare for “danger zones”
- ▶ Utilize “Getting to Yes” strategies to work toward “win-win”

# For more info:

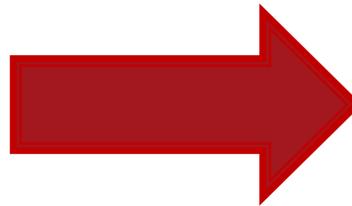


A new book:  
**Smart but Stuck:  
Emotions in  
Teens & Adults  
with ADHD**

read a segment of this  
book on my website for  
free:

[www.DrThomasEBrown.com](http://www.DrThomasEBrown.com)

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# How ADHD Impairs Major Life Activities: Our second March *Ask the Expert* Webinar Event

Russell J. Barkley, PhD  
Wednesday, March 26, 3 PM (Eastern)  
Register at  
[http://new.help4adhd.org/ate\\_sched.cfm](http://new.help4adhd.org/ate_sched.cfm)



Register now for our second March *Ask the Expert* Webinar event featuring well-known ADHD, researcher and author Russell J. Barkley, PhD!

# This is a presentation of the



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