Learning Objectives:

1) Provide context to recent research on adult beliefs/cognitive distortions and ADHD.

2) How research reveals distancing ourselves (E.I.) from negative thought, emotion or memory can help us shift out of it. What about Positive Emotions?

3) Why we use Character Strengths in ADHD Coaching and MMM

4) Explain the vital elements of Magical Moments on the Mountain exercise how memory can evoke positive emotions and all the EF

5) Request a volunteer participant using their free via character strengths profile www.characterstrengths.org to demonstrate how the Magical Moments on the Mountain exercise is integrated with the coaching process to access positive memory emotions, character strengths and provide inspiration, motivation for future endeavors.

*What Adults believe about Their ADHD?

About four out of five adults with ADHD believe that the disorder has held them back from:

- Achieving long-term goals (87%)
- Achieving short-term goals (80%)
- Pursuing their dreams (80%)

*Adult Experiences with ADHD, May 2004, prepared by Harris Interactive in cooperation with Eli Lilly and the Attention Deficit Disorder Association (ADDCA).
“Perfectionism:” most frequently endorsed cognitive distortion class.

A clinically informed hypothesis for high rate of the "perfectionism" is associated with deficient emotional self-regulation (Barkley, 2010).

Adults with ADHD assume they must "be in the mood" as a pre-condition to face difficult tasks, which manifests in minimal tolerance for emotional discomfort.

We are Emotional Beings

- The human brain responds to the quality and intensity of emotions attached to associated memories, positive or negative.
- The Primary basis humans prioritize information is the emotion associated with conscious and unconscious memories activated by the individual’s thoughts and perceptions in any given moment.
- Neuroscience has revealed that conscious feelings are only a small fraction of the range of emotions that operates within each person to motivate executive functions.
- Neuroscientist Joaquin Fuster, MD, emphasized whereas we may be fully conscious of a retrieved memory the vast majority of memories that we retrieve remain unconscious.”

We are emotional beings, S = Self-Immersed vs. Self Distanced Perspective

SI = Self-Immersed perspective—the self is reasoning about the negative experience and the self experiencing the breakup are one. Replay the event (losing her job) happening all over again through one’s own eyes. “Why did I feel that way during that situation?”

SD = “Self-Distanced perspective—the self reasoning about the experience is psychologically removed from the self experiencing the event. Take a step back when thinking about her experience. Reason from the perspective of a distanced observer, akin to a fly on the wall who can see herself in the experience. “Why did Michelle feel the way she did during that situation?”

SD in Coaching focuses on the self-distanced perspective (insight). The Coach is the observer witnessing their clients removed from their client’s immersed perspective. They are objectively witnessing events they are experiencing and mirroring back what they are hearing and seeing.
Creating/Savoring Positive Memory/Emotions

- **Feel Emotion in Body**
  - Pause to Notice It and deep breathe
  - 20% Oxygen from the body to the brain
  - Identify the emotion in the moment – E.I.

**Self-Distanced Perspective**
- Magical Moments on the Mountain
- Strategies: Create Positive Emotions
- Calming Effect: Respond vs. React

**Alchemy of EF**
- Identify the Emotion in the moment – E.I.

**Magical Moments on the Mountain**
- Who and When You Were At Your BEST?
  - Memories provide self-distanced positive context and emotions
  - The past can be a Catalyst for the present and future (Hippocampus)
  - Excavate buried treasure of knowings, prompts, systems for success, processing modalities
  - Identifies Top VIA Signature Character Strengths

**VIA Character Strengths**
- Common language/classification identifies & describes the best in human beings
- Free VIA Character Survey: only free online psychometrically reliable survey of strengths in the world
- Identifies core capacities of “who” we are. Human capacities for thinking, feeling and behaving

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Why Focus on Character Strengths?

- "Negativity Bias" of clients and practitioners
- Bad is stronger than good (Baumeister et al., 2001)
- Cultural focus on managing weaknesses, negative emotions. What about creating positive emotions?
- No definitive language for what's the best in people
- Are effective prompts for identifying positive memories

VIA Classification of Character Virtues and Strengths

- **Wisdom** - Cognitive
  - Creativity, Curiosity, Judgment & Open-Mindedness, Love of Learning, Perspective
- **Humanity** - Interpersonal
  - Capacity to Love and Be Loved, Kindness, Social Intelligence
- **Courage** - Emotional
  - Bravery, Perseverance, Honesty, Zest
- **Justice** - Civic
  - Teamwork, Fairness, Leadership
- **Temperance** - Self-Restraint
  - Forgiveness & Mercy, Modesty & Humility, Prudence
  - Self-Regulation:
    - Appreciation of Beauty & Excellence, Gratitude, Hope, Humor, Religiousness & Spirituality
- **Transcendence** - Meaning
  - Teamwork, Fairness, Leadership

Character Strength Principles

- A capacity; essence; core
- About Integrity: Who & What aligned
- Plural expressed in combination
- Expressed in context
- Stable, but can change
- All 24 matter – signature/ phasic

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Integrity with Your “Who” and “What”

**WHAT: Doing**
- Performance (reputation)
- Beliefs
- Head
- Temporary
- Self-Esteem

**WHO: Being**
- Character (presence)
- Knowing
- Heart
- Permanent
- Self-Compassion

Character Strengths are Psychological Ingredients for Displaying Virtues of Human Goodness

- Universal - similar across 54 nations, including remote cultures
- Greater use of signature strengths builds greater well-being and happiness
- Sources/ Wellsprings of positivity and emotions

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