

# Why Can't I Do This?

## How Emotional Intelligence and Self-Regulation Pay Off for Adults with ADHD

**TOGETHER WE CAN...TOGETHER WE WILL**  
**2018 INTERNATIONAL CONFERENCE ON ADHD**  
**Presented by Kay Axtell & The Center for Living Well With ADHD**  
handout

*Think of a time when your emotions overtook your mind resulting in a lack of normal or desired functioning for you.*

Name the emotion: \_\_\_\_\_

Describe your behavior: \_\_\_\_\_

What was the outcome? \_\_\_\_\_



Emotional Intelligence is: \_\_\_\_\_

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Self-Regulation is: \_\_\_\_\_

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Some Executive Function Challenges I deal with are: \_\_\_\_\_

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An emotional state that often overcomes me is: \_\_\_\_\_

Shanker's 5-step process toward Self-Regulation:

#1. \_\_\_\_\_

#2. \_\_\_\_\_

#3. \_\_\_\_\_

#4. \_\_\_\_\_

#5. \_\_\_\_\_

Shanker's 5 Domain Areas (where stressors can occur and where self-regulation can prevail):

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

**REFERENCES**

Goleman, Daniel. Emotional Intelligence: Why It Can Matter More Than IQ. Random House Publishing Group. 1995.

Shanker, Stuart. Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life. Penguin Books. 2017.

Shanker, Stuart <https://self-reg.ca/> (website with numerous resources)

Solden, Sari. Journeys Through ADDulthood: Discover a New Sense of Identity and Meaning While Living With Attention Deficit Disorder. 2002.

**For more information or to receive additional handouts or information:**

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