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*October 1, 2020*

Oops! We are resending this issue as it has come to our attention that some of our sponsor links may have been misdirected. Our apologies!



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## ADHD and Reflexive Feelings

by Jeff Copper, MBA, PCC, PCAC, CPCC, ACG

More and more I'm finding success helping those with ADHD witness what it's like to let go of their knee-jerk or automatic reflexive responses. The point is that the reflexive "feeling" isn't always based in reality, and those feelings get in the way of witnessing reality. Often, we find that managing ADHD is about witnessing what is real and then moving forward with the reality. After all, being motivated doesn't mean doing **what you think you should do**; it's **what you actually do**.

### Reflexive Brain



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Check out my blogpost, "**ADHD and Reflexive Feelings**," that includes a story about witnessing reality. I hope you'll get an aha out of it that lets you work WITH ADHD and not AGAINST it. Here's the link:

[www.digcoaching.com/adhd-and-reflexive-feelings/](http://www.digcoaching.com/adhd-and-reflexive-feelings/)

Warmly,  
Jeff Copper  
ADHD and Attention Coach

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## ***Latest Podcasts***



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### **ADHD Tools and Strategies: In-Person Conversations**

ADHD is a self-regulation issue with a working memory challenge. Those impacted by this condition yearn for strategies that bring relief and productivity. In this episode of Attention Talk Radio, ADHD coach Jeff Copper ([www.digcoaching.com](http://www.digcoaching.com)) and Dr. Ari Tuckman ([www.adultadhdbook.com](http://www.adultadhdbook.com)) discuss in-person conversations, one of the single most effective strategies that is obvious, yet falling out of favor. Listen to this podcast if you have ADHD and want an effective strategy to bring relief and productivity.



### **ADHD Storytelling: The Power of Art and Vulnerability**

ADHD coach Jeff Copper ([www.digcoaching.com](http://www.digcoaching.com)) interviews Dani Donovan ([www.adhddd.com](http://www.adhddd.com)) around her lived experience. Dani has captured the emotions, hearts, and minds of many in the ADHD tribe by communicating stories and feelings through graphics. They talk about details of Dani's story, how she sees the world, and how she's able to communicate such heavy emotions through simple visuals. If you could use some laughs, inspiration, and hope, listen to what promises to be a very motivational and heartwarming episode.



### **ADHD Parenting: The Mindset You Need**

Parenting of ADHD and complex kids is difficult. Why? Because, they're complicated. Really complicated. Tips, tricks, strategies, and systems often work for neurotypicals, but do they work for complex kids? As much as we want them to, they don't. So what is a parent to do? In this episode ADHD and attention coach Jeff Copper ([www.digcoaching.com](http://www.digcoaching.com)) interviews parent coach and advisor Elaine Taylor-Klaus ([www.impactadhd.com](http://www.impactadhd.com)) who shares what she knows that most ADHD parents don't... that it's all about the problem-



solving process and the mindset for solving problems as a process. If you are an ADHD parent drowning in a sea of strategies and solutions that are simply not working, this might not be a topic you want to hear, but it is one you need to hear.

### **ADHD Parenting: Collaborative Conversations with ADHD Kids**

If you read most of the theories on parenting kids with ADHD, you know that many of them come down to the collaborative conversation. It's easy to define, easy to discuss, but very difficult to execute. In this episode, ADHD and attention coach Jeff Copper ([www.digcoaching.com](http://www.digcoaching.com)) interviews parent advisor and coach Elaine Taylor-Klaus ([www.impactadhd.com](http://www.impactadhd.com)) around the challenges of executing collaborative conversations with complex kids. They talk about the value of getting some help with it, because complex kids are outliers; they're not mainstream. If you're a frustrated ADHD parent, listen to this podcast to learn how to have that conversation. It's as unique as the individual in the family.



### **ADHD and Habits: A Love/Hate Relationship**

What is a habit? Are habits good for those with ADHD? Why are habits so hard to build if you have ADHD? Dr. Russell Barkley says the ADHD brain is a two-level system – the automatic brain and the executive functioning brain, that the executive functioning brain must effortfully override the automatic brain. In this edition of Attention Talk Radio, ADHD coach Jeff Copper ([www.digcoaching.com](http://www.digcoaching.com)) talks about Dr. Barkley's concept and uses it as a context to help those with ADHD understand why habits are very helpful for those with ADHD but also why it is so hard to develop habits if you have ADHD. Jeff's insight and Dr. Barkley's model will help you understand what is at issue. Listen to this podcast to enable you to address habits in a more intentional way.



## ***Latest Videos***



*Brought to you by [ADDCA Coach Training](#)*

### **ADHD: Are You Using the Right Tool for the Wrong Job?**

With over a decade of coaching adults with ADHD Jeff Copper has witnessed an amazing phenomenon, that is, people with ADHD using the right tool for the wrong job. In this video he illuminates insights to grab your attention and think whether you can be more productive just by getting the right tool for the job. If you struggle with productivity, this is a concept you'll want to consider.

<https://youtu.be/6ciD9w0Seoo>

Click the image below to view the video.



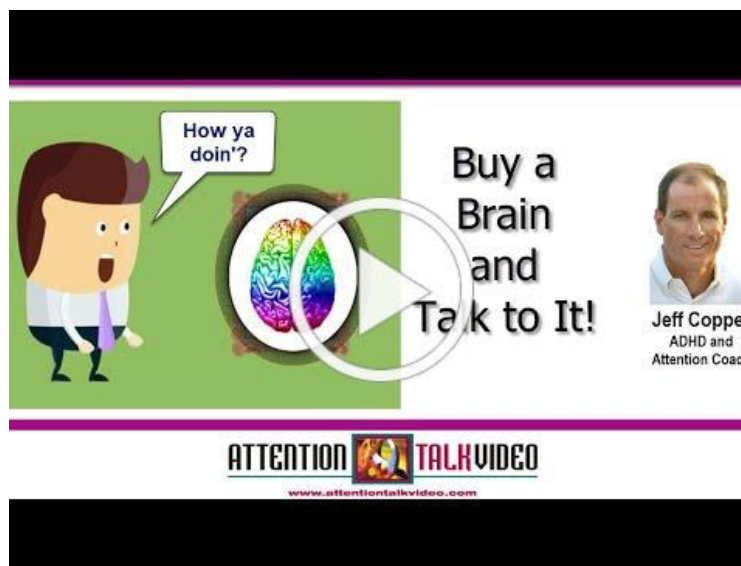


### ADHD Insight: Third-Person Awareness

Many people with ADHD struggle with emotional self-regulation, and getting the blues can be a part of that. In this episode of Attention Talk Video, ADHD coach Jeff Copper shares his personal experience about realizing the pattern of his blues and how he managed them. If you struggle with the blues, watch this video and learn from Jeff's experience. It might give you some insight to help you manage yours.

<https://youtu.be/dFBggxHuveY>

Click the image below to view the video.

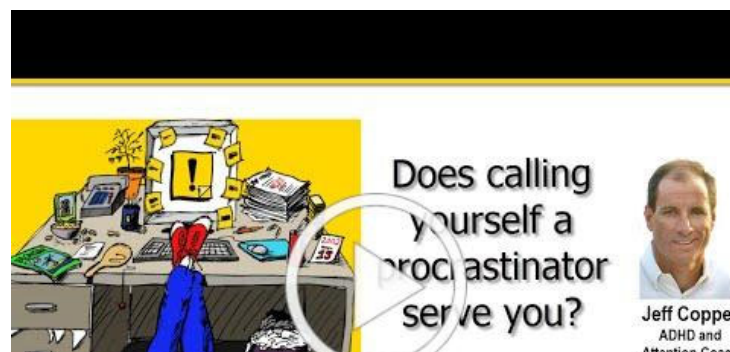


### ADHD and Procrastination: Problem-Solving Versus Shaming Yourself

ADHD coach Jeff Copper likes to frame emotions as a reflexive response. In this video he shares his insight around emotions, the labels we assign emotions to, and how these labels blind us, shut our minds down, and inhibit our ability to problem-solve. He uses procrastination to illustrate the point. If you are stuck and have labeled yourself as lazy, unmotivated, procrastinator, or perfectionist, watch this video for helpful insights.

<https://youtu.be/HvWdHOZDbRc>

Click the image below to view the video.

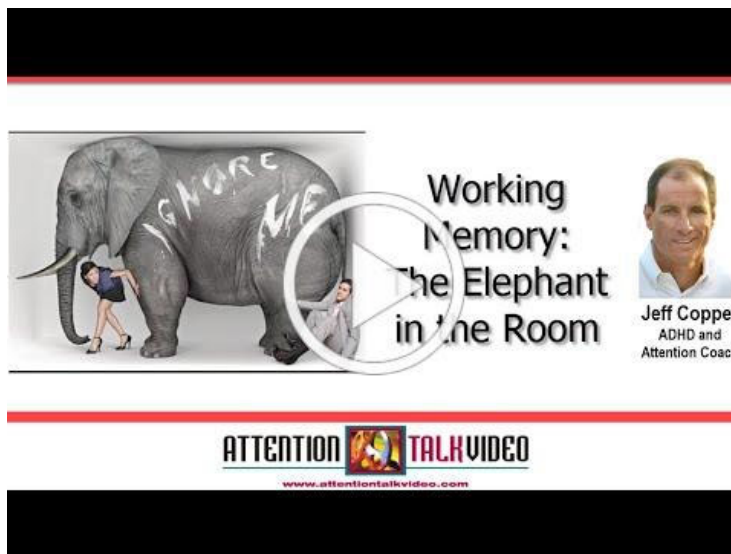




### **ADHD and Working Memory: The Obvious That Isn't So Obvious**

Got ADHD? Struggling? Tips, tricks, and strategies not working? Maybe it's because you are using the wrong tools. In this video ADHD coach Jeff Copper illustrates an insight that puts a spotlight on the impact that working memory has on your productivity, how often the problem isn't you, but the tool you are using, and why students struggle more today than they did decades ago. If you have ADHD and want to understand the "why," watch this video for insights. <https://youtu.be/Vx3Mz5Hv8-o>

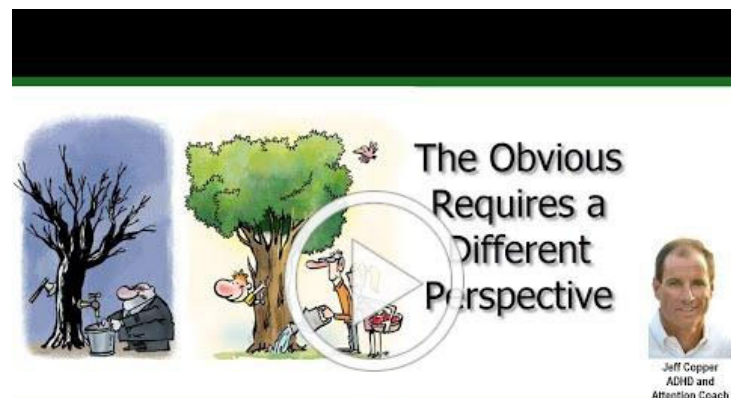
Click the image below to view the video.



### **ADHD: Environment versus Systems**

People with ADHD are always looking for tips, tricks, and strategies to help them move forward. Sometimes those are helpful, but sometimes they're not. Sometimes we need to pay attention the elephant in the room. In this video ADHD coach Jeff Copper shares tangible examples to illustrate how sometimes it's more about the environment or other things than it is about the strategy. If you've been implementing things but they're not working, this is a video you won't want to miss. <https://youtu.be/QivDHdSArtw>

Click the image below to view the video.







## Does Your ADHD Fall Prey to the World?

Those with ADHD often believe it is a deficit of attention. In reality, ADHD is very much a self-regulation issue. It manifests often as distractibility or impulsivity, but really it comes down to a lack of self-control. In this video, ADHD coach Jeff Copper shares awareness of how the news, politicians, and corporate America all prey on your self-control challenges and the many things they do that make them addictive. If you are not attuned to this reality or awareness, watch this video to help regain your self-control and learn to pause.

<https://youtu.be/7KBrqWxSihY>

Click the image below to view the video.



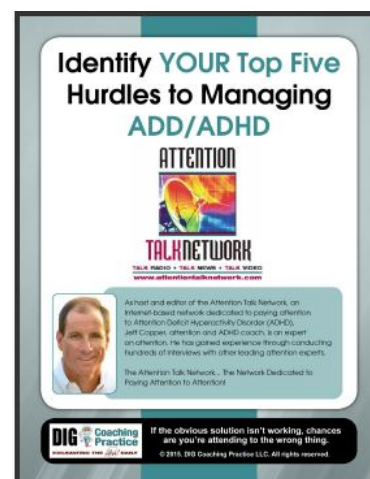
Thank you for watching. New videos are released weekly, so [subscribe](#) today and tell your friends about us.

**Attention Talk Video... Your ADHD Information Station!**

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