



5 DAYS TO FALL IN LOVE WITH YOUR ADHD BRAIN

Master Series Workbook

by:

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Welcome!

Hello!

I'm looking forward to connecting with you soon! This Master Series will give you insight into what ADHD actually looks like in women. Once we understand what ADHD is and what it isn't, then we can learn how to appreciate our brilliant brains and reimagine our lives. We're not broken, we're not flawed, we just have a different brain that requires a special user's manual. Discovering what our own ADHD User's Manual looks like is life-changing. Let's do it!

Tracy Tsuka

To get the most from this Master Series, here are three helpful suggestions:

SHOW UP LIVE

If you make the time to show up live, you'll get more from this experience and gain the clarity you need to make BIG decisions about who you are and what you want from your life. Besides, I bet if you're anything like me, you don't listen to replays... anyway!

PRINT THIS WORKBOOK

Print this workbook in advance and use it during our time together to stay fully engaged and take notes on the actions you want to implement quickly.

I've specifically given you a broad outline of what we'll be covering. I know that ADHD brains like to know where they're going to stay engaged. Once we're in the live Master Series together, you'll be able to fill in the blanks as well as answer the questions. No need to fill in the blanks now - I'll walk you through all the details soon!

JOT DOWN YOUR QUESTIONS

Are there any questions that you'd like me to answer? (Since we'll be together for the entire week, I'll be answering a bunch of questions on our FB lives.) Think of your questions in advance and write them down!

TRAINING #1: UNDERSTANDING ADHD IN WOMEN

What is ADHD?

ADHD is a brain-based condition that
looks a little _____ for everyone

Ideas and Insights...

Based on what you've learned about the three different
types of ADHD, which type do you relate to the most?

- Hyperactive-Impulsive
- Inattentive
- Combined

SYMPTOMS OF ADULT ADHD

Dr. Russell Barkley developed these nine criteria specifically for adults. Keep in mind that only a qualified professional can diagnose you with ADHD.

Do you often...

- 1. Easily get distracted by extraneous stimuli or irrelevant thoughts?
- 2. Make decisions impulsively?
- 3. Have difficulty stopping activities or behavior when you should do so?
- 4. Start a project or task without reading or listening to directions carefully?
- 5. Fail to follow through on promises or commitments you make to others?
- 6. Have trouble doing things in their proper order or sequence?
- 7. Drive much faster than others - or, if you don't drive, have difficulty engaging in leisure activities or doing fun things quietly?
- 8. Have difficulty sustaining attention in tasks or recreational activities?
- 9. Have difficulty organizing tasks and activities?

Then ask yourself...

- Do you have four of the first seven symptoms or six of the nine symptoms now?
- Do they occur often in your current life?
- Have you been having these troubles for at least 6 months?
- Did they develop in childhood or adolescence (before 16 years of age)?
- Have your current symptoms resulted in adverse consequences (impairment) in one or more major domains (education, work, social relationships, dating or marital relationships, managing your money, driving etc.)
- Did you experience adverse consequences from these symptoms in childhood?

If you can answer “yes” to all of these questions, there is a high probability that you have ADHD. Get a professional diagnosis!

ADHD and Women

Women are two times more likely to have _____ ADHD than men.

Ideas and Insights on symptoms in women...

Ideas and insights on your symptoms...

Ideas and insights on perfectionism...

Ideas and insights on hormones...

Since estrogen levels change dramatically during our lifespan, did/do you notice a change in ADHD symptoms during...

- Puberty
- The week before your menstrual cycle
- Pregnancy
- Postpartum
- Perimenopause
- Menopause

Relevant *ADHD for Smart Ass Women* Podcast Episodes

- Ep. 40, How to Prepare to Meet with Your ADHD Doctor
- Ep. 78, What Does ADHD Look Like in Women
- Ep. 19, ADHD and Rejection Sensitive Dysphoria
- Ep. 49, ADHD and RSD, Part 2: How to Reduce and Even Eliminate its Symptoms
- Ep. 44, Why ADHD and Bi-polar Disorder are Commonly Misdiagnosed
- Ep. 45, When ADHD is Misdiagnosed as Bi-polar Disorder with Elizabeth Megan

TRAINING #2: BUILD YOUR OWN ADHD USER'S MANUAL

1 Education

ADHD Experts

ADHD Organizations

Learn about YOUR ADHD

Discover who you are and what's important to you

2 Support

ADHD Professionals

Community & Connection

ADHD Support Groups

Environment

3 Dopamine Enhancers

Medication

Exercise

Sleep

Nature

Create ---> Action

4 Positive Emotion

What generates positive emotion/gold stars for you currently?

Who generates positive emotion/gold stars for you currently?

What makes you proud of yourself?

6 Developing Your Workarounds

Apple Watch

Second Monitor

TabResize

Pomodoro Method

Body Doubling

Planners/Planning System

Timers

Resources

Education

- [Tracy Otsuka's Book List](#)
- [ADDitude Magazine](#)
- [CHADD](#)
- [ADDA](#)
- [ADHD Women's Palooza](#)
- [ADHD for Smart Ass Women with Tracy Otsuka Podcast](#)
- [Distraction with Dr. Ned Hallowell Podcast](#)
- [ADHD Experts Podcast](#)
- [The Faster Than Normal Podcast: ADD | ADHD | Health Podcast](#)
- [The Driven Woman Podcast](#)
- [Full PreFrontal Podcast](#)

Dopamine Enhancers

- [Spark by Dr. John Ratey](#)
- [EP. 84: ADHD and Nutrition with Nicole DeMasi Malcher](#)
- [Nutrition Coaching by Nicole DeMasi](#)
- [ADHD 2.0 Book](#)

Change Your Perspective

- [Change Your Questions, Change Your Life by Marilee Adams](#)
- [The Mindfulness Prescription for Adult ADHD by Dr. Zylowska](#)
- [Mindfulness Prescription for Adult ADHD, An 8-Step Program for Strengthening Attention, Managing Emotions and Achieving Your Goals. by Lidia Zylowska, MD.](#)

Resources

- [Ep. 50 ADHD and Meditation That Even You Can Do \(Especially if You're Inattentive or Have RSD\) with Psychotherapist, Diann Wingert](#)
- [Episode 53, Neuroplasticity, Mindfulness, Meditation and ADHD](#)
- [UCLA Mindfulness Awareness Center](#)
- [Waking Up app](#)
- [EP. 93: ADHD, Positive Emotion and Being Future-Focused](#)
- [Ep. 123: ADHD and Tapping for Procrastination](#)
- [Tapping Solution App](#)

Developing Your Workarounds

- Apple Watch
 - <https://www.apple.com/apple-watch-series-6/>
 - <https://www.tracyotsuka.com/applewatch>
- [Fantastical Calendar](#)
- [Bear App](#)
- [Heartwatch](#)
- [Datexx Cube](#)
- [Focusmate](#)
- [TabResize](#)
- [Ep. 14 What's a Body Double and How Can it Help Me Get My Work Done?](#)
- [Ep. 8 Why Am I Always Late?](#)
- [Ep. 9 Practical Strategies for Being on Time and Planning Better](#)

Name: _____

ADHD User's Manual

1 Education

2 Support

3 Dopamine Enhancers

4 Positive Emotion

5 Change Your Perspective

6 Developing Your Workarounds

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10 horizontal lines for notes

5 Change Your Perspective

10 horizontal lines for notes

1 Education

10 horizontal lines for notes

2 Support

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4 Positive Emotion

10 horizontal lines for notes

3 Dopamine Enhancers

10 horizontal lines for notes



Name: _____
ADHD User's
Manual

You Need Decision Confidence

If you don't set clear _____ boundaries, if you're not _____ about the decisions you make, others are not going to respect those decisions.

- Confidence is _____. It's not something you're born with or without.
- The more you do those things that you fear, the more _____ you become. The only way to confidence is through the _____.
- When you act _____, others think you're _____ and you become confident. So if nothing else, fake it.

Ideas and Insights on confidence...

Ideas and insights on the 25%/75% formula...

Ideas and insights on standing out?

Relevant ADHD for Smart Ass Women Podcast Episodes (can these also be links?)

- [Ep. 76, The Your ADHD Brain is A-OK! 6-Step System](#)
- [Ep. 91, What Do I Do With My Life and Our A-OK! System](#)
- [Ep. 92, ADHD, Trauma, Shame and Falling in Love with Your ADHD Brain at 59 with Isabelle Baker](#)
- [Ep. 15, Why Major Life Decisions are So Difficult to Make for Those of Us with ADHD](#)
- [Ep. 68, How to Train Your ADHD Brain to Work with Fear](#)