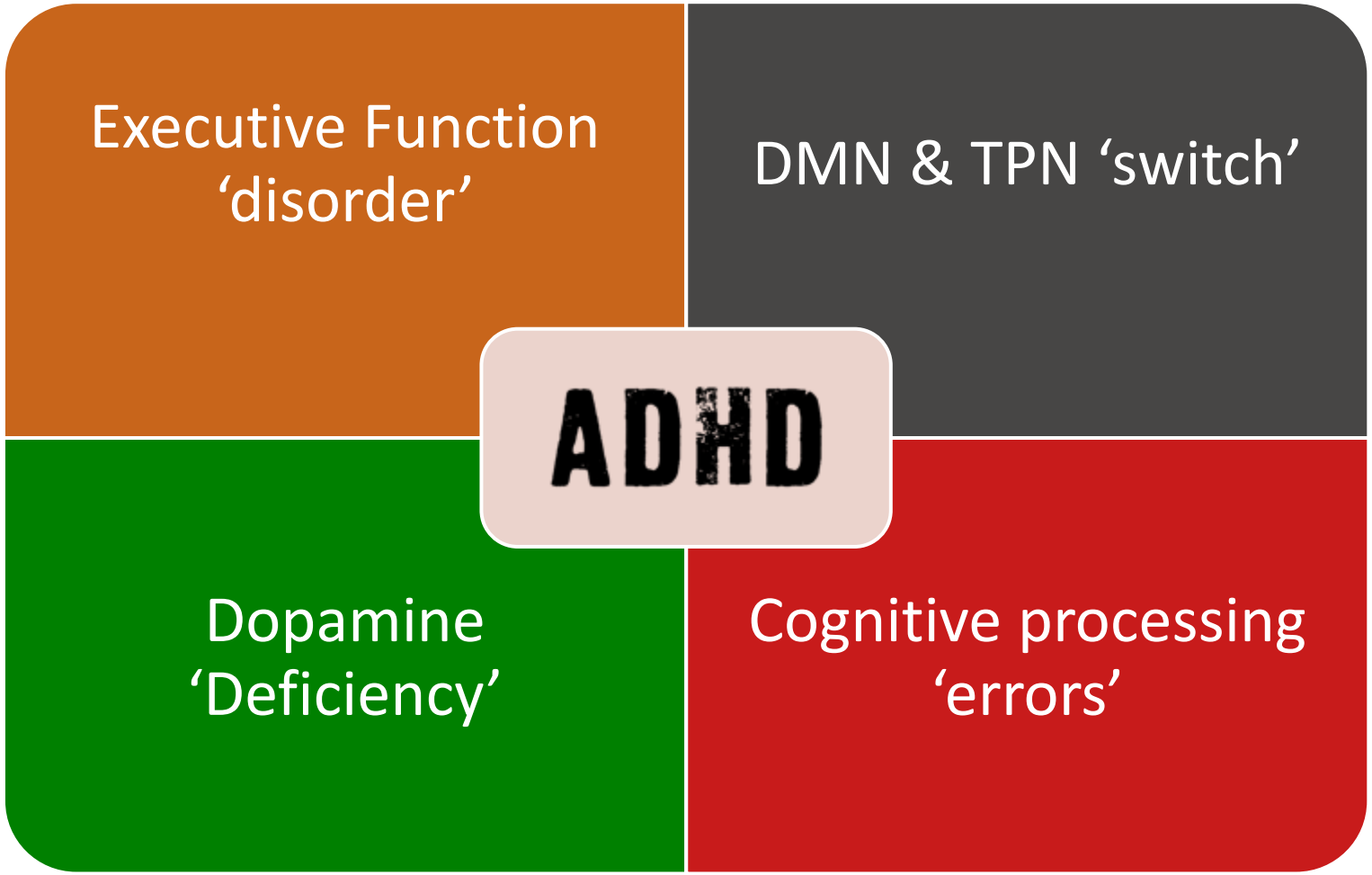
Rejection Sensitivity & Perfectionism

ADHD THERAPY

19th April 2024

Agenda

- ADHD
- Rejection Sensitivity ~~Dysphoria~~
- Perfectionism
- Procrastination
- People Pleasing
- Imposter Syndrome
- Emotions


Executive Function
‘disorder’
DMN & TPN ‘switch’
ADHD
Dopamine
‘Deficiency’
Cognitive processing
‘errors’

Executive Functions

DMN & TPN

ADHD

Dopamine Deficiency

Cognitive processing

ADHD THERAPY

Executive Functions

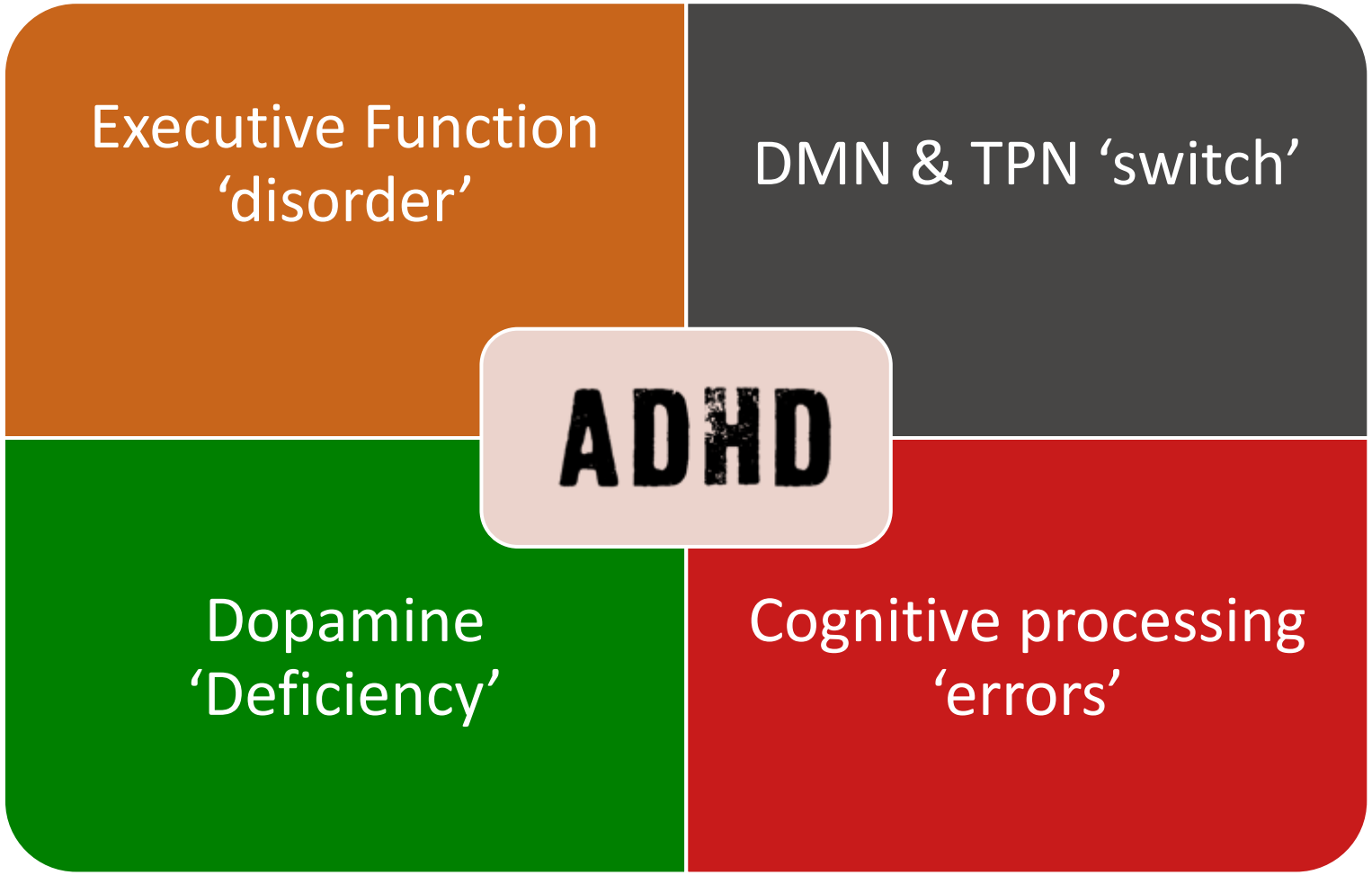
DMN & TPN

ADHD

Dopamine Deficiency

Cognitive processing

ADHD THERAPY


Executive Function
‘disorder’
DMN & TPN ‘switch’
ADHD
Dopamine
‘Deficiency’
Cognitive processing
‘errors’

Executive Functions

1. Inhibition
2. **Self-awareness**
3. Verbal working memory
4. Non-verbal working memory
5. **Planning**
6. **Emotional Regulation**
7. Motivational regulation
8. **Time-management**
9. **Problem Solving**
10. **Task Monitoring**

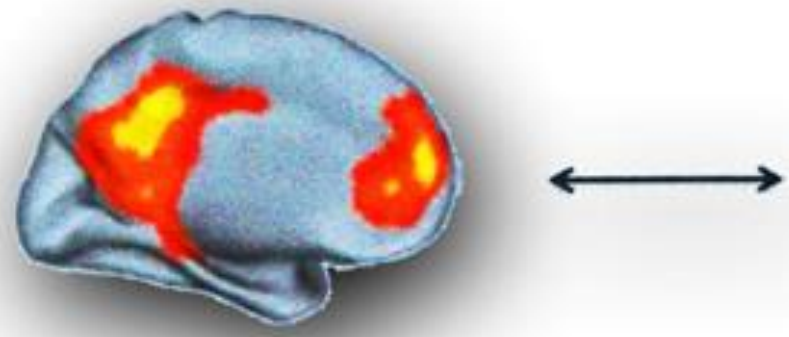


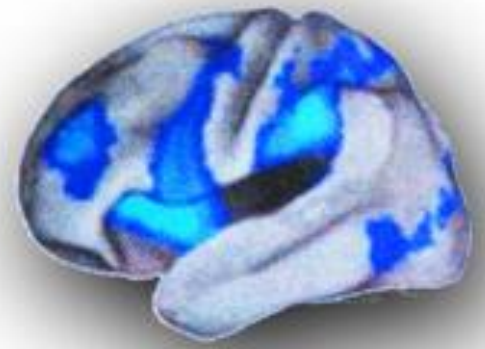
ADHD THERAPY

The DMN and TPN

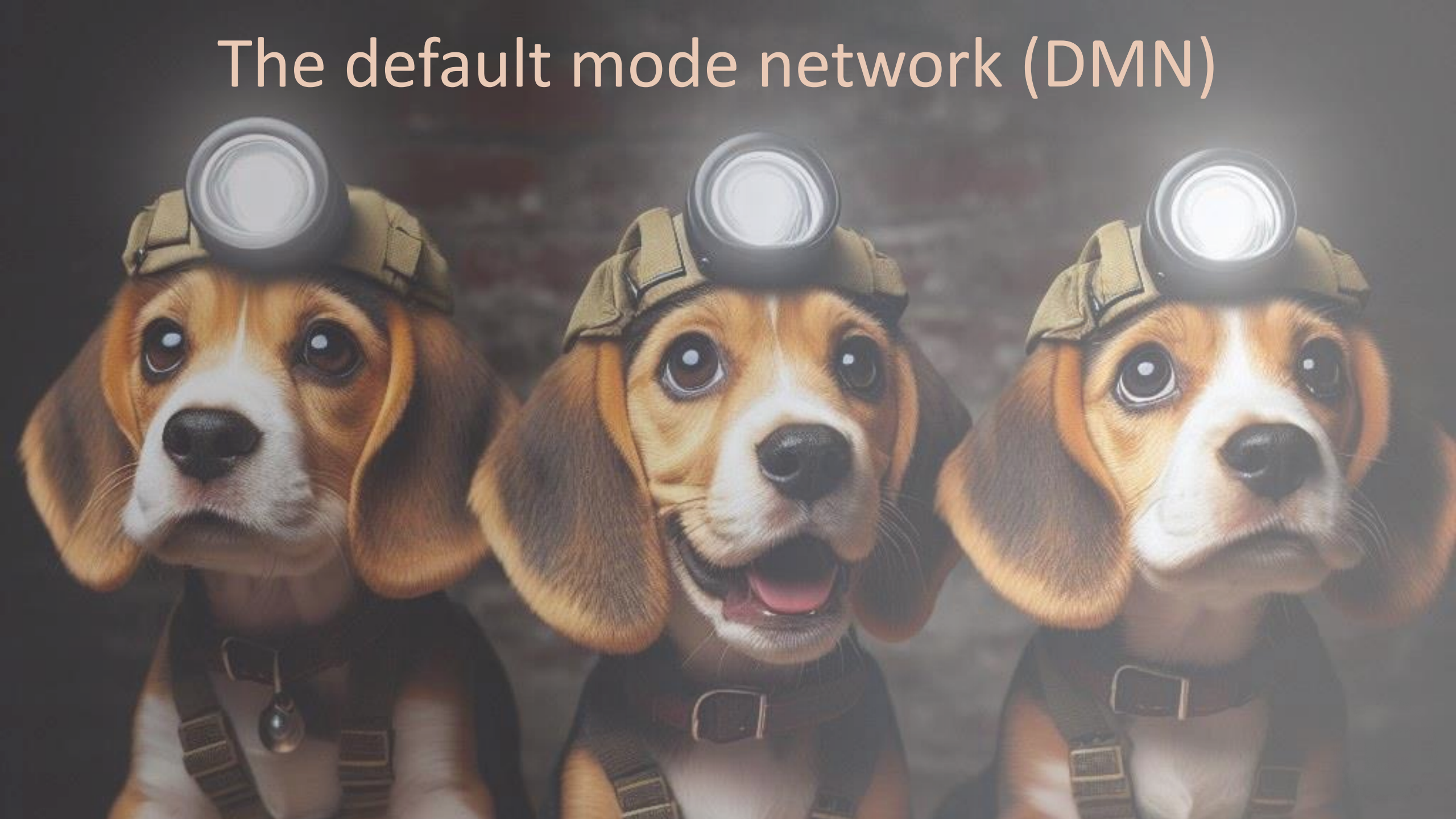
Default Mode Network
more active at rest (task-negative)
mind wandering

Attention Network
more active during tasks (task-positive)
engaged attention





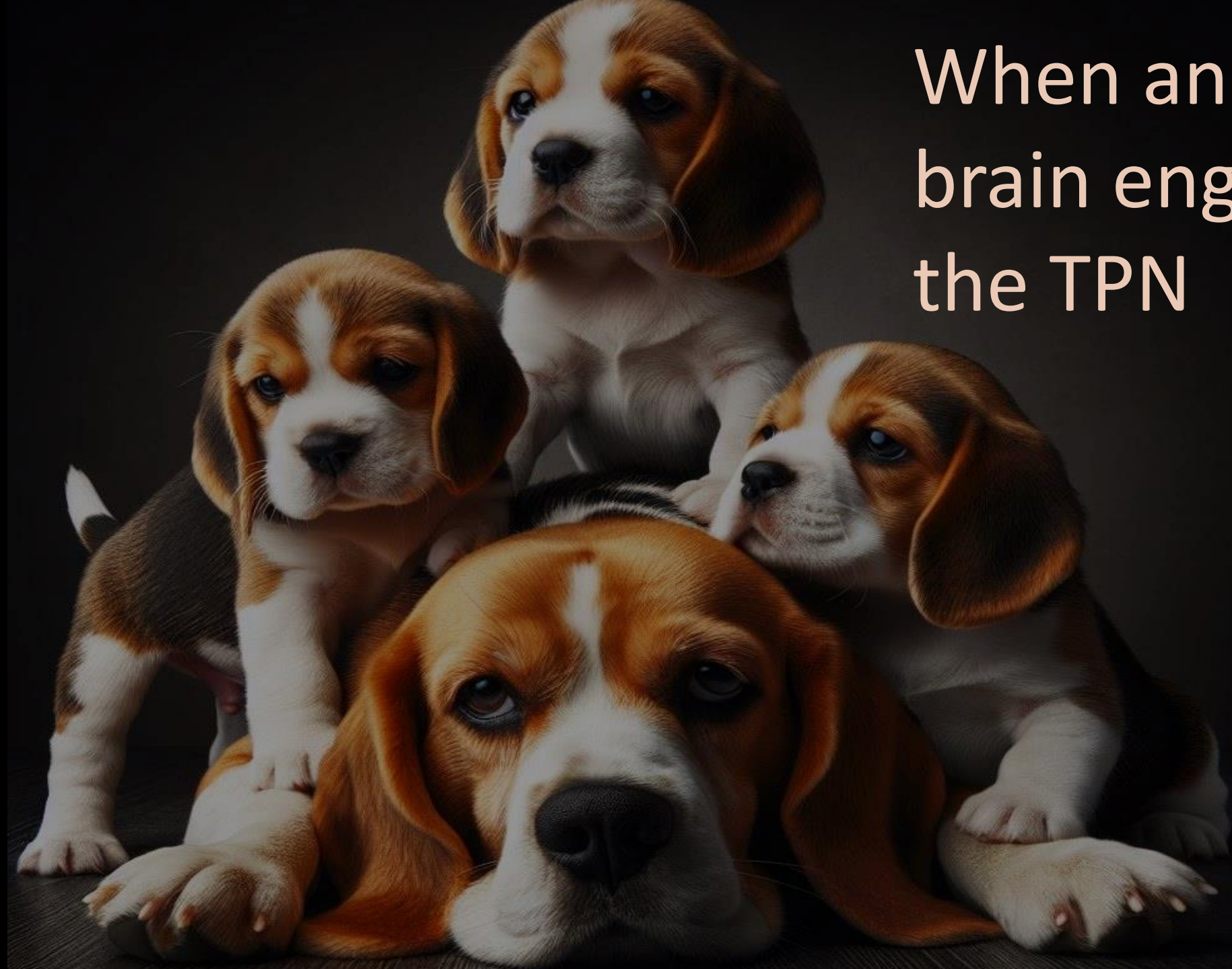
The default mode network (DMN)





What happens when a neurotypical engages the TPN

ADHD THERAPY



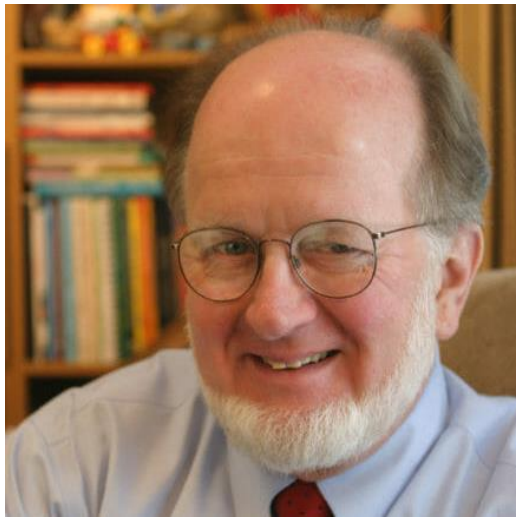
When an ADHD brain engages the TPN

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Rejection Sensitivity ~~Dysphoria~~

RSD is an informal label used by Dr William Dodson

ADDitude Magazine

Heightened emotional response associated with ADHD related sensitivity to rejection, criticism, teasing, or own perception of failure or falling short.

Rejection Sensitivity ~~Dysphoria~~

Dr. William Dodson ~

If a patient does not benefit from medication, they have little control over an episode of RSD once it begins. The incidents have to run their course. Some people with ADHD, however, report that getting interested in something new and fascinating can help to end an RSD episode more quickly than it would otherwise. In my clinical experience, neither coaching nor traditional psychological or behavioural therapies offer any prevention or relief from impairments.

Executive Functions

1. Inhibition
2. Self-awareness
3. Verbal working memory
4. Non-verbal working memory
5. Planning
6. **Emotional Regulation**
7. Motivational regulation
8. Time-management
9. Problem Solving
10. Task Monitoring



ADHD THERAPY

8 unhealthy Emotions

Anxiety
Anger
Depression
Guilt
Envy
Jealousy

Hurt > Rejection by others > shut down or people please

Shame > Our own view of ourselves

} Overestimate

Rejection Sensitivity

Linked to Emotional regulation

A problem that interferes with your ability to regulate your emotional responses to feelings of failure, criticism and rejection.

CAN be treated with psychotherapy

Rejection Sensitivity

William Dodson and others, estimate a 10-year old with ADHD has received an extra 20,000 negative comments. 8 per day.

This programs us. We believe the comments.

Why can't you sit still like everyone else?

What's wrong with you?

You're too sensitive

You're a daydreamer!

You don't pay attention

You don't put in the effort

You don't apply yourself

4 stages of Cognition

Stage 1 – Facts

Stage 2 – start to add to the facts / may not be true / no emotion yet

Stage 3 – Add further to the story / Unlikely to be true / partial emotion

Stage 4 – Conclusion / very likely false / full emotion

What would you say to …

Son/daughter

Niece/nephew

Child

Relative

Co-worker

Friend

Exercise

Think of a time you were rejected/criticised

Write it down

What did being rejected/criticised mean? >> New Belief

Is that meaning true?

Where's your evidence?

Is it helpful to have that belief?

Rejection Demands

I must not be rejected

I must be accepted

I must impress

I must not make a mistake

I must produce perfection

I must be liked

I must be loved

I must be approved of ….

Perfectionism

"refusal to accept any standard short of perfection"

Demand unrealistically high standards
Focus on results
Feel depressed by *unmet* goals
Unproductive
Fear of failure and/or judgment
Critical self-evaluation
Self-worth based on results
Can lead to procrastination

ADHD THERAPY

Perfectionist beliefs

I must achieve perfection

I must not make a mistake

I must impress

My work must be flawless

Procrastination

“The action of delaying or postponing something”

Think of a time you procrastinated. What were you avoiding?

Why were you avoiding it?

If you had done it there and then how do you think you would have felt?

What did you do to avoid it?

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Procrastination IS NOT the avoidance of a hard task



Procrastination is the avoidance of difficult emotions



Procrastination

“I don’t know what to do”

I should know what to do. It’s awful that I don’t. I can’t stand it. It means I am stupid etc.

“I don’t know how to do it”

I should know how to do it. It’s awful that I don’t. I can’t stand it. It means I am worthless.

“I’ll do it when I’m ready” – TEMPORARY relief.

“I need to do ‘Y’ first” – TEMPORARY relief. I don’t feel stupid now, but I will again soon. More procrastination, more relief

ADHD THERAPY



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Slides etc –
www.adhd-therapy.co.uk/rs