
DECODING THE MYSTERY OF ADHD MOTIVATION

Presented by

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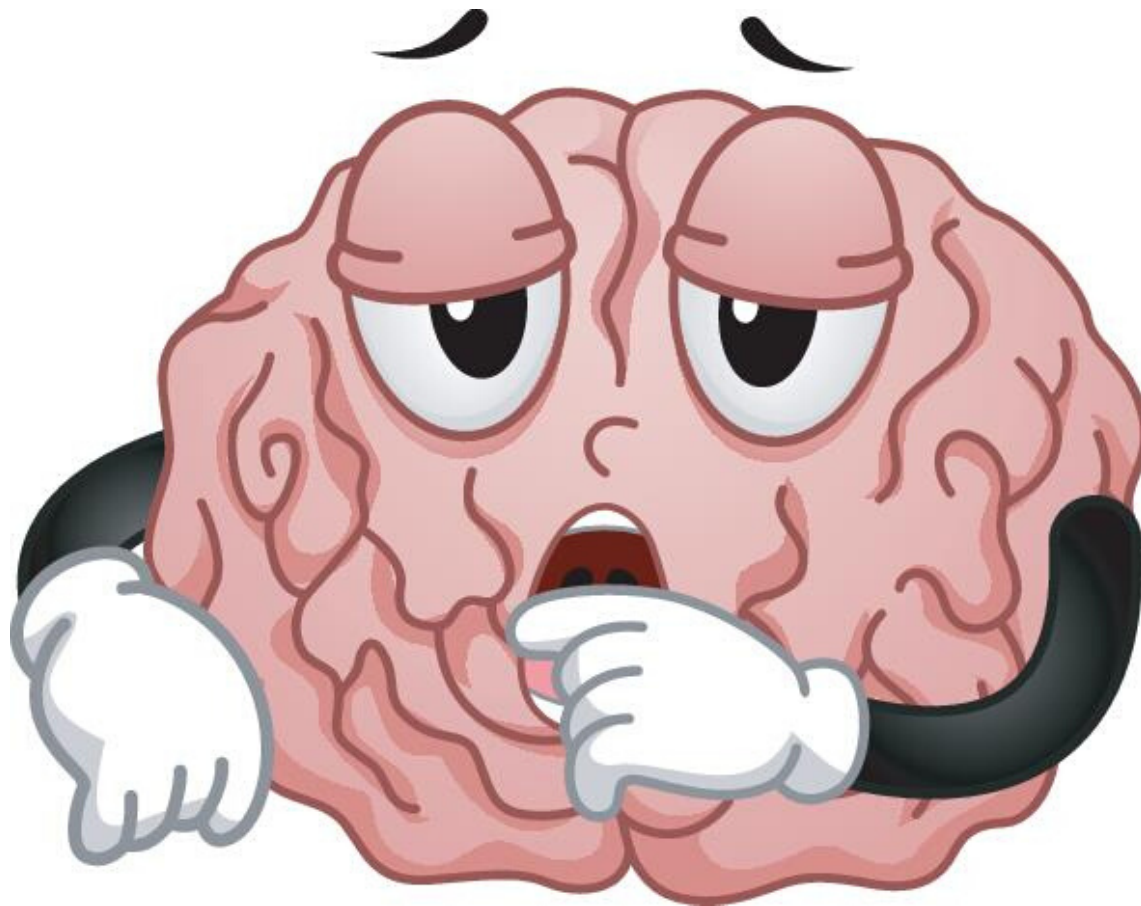
Lotus Life Coaching Services
PsychCentral Blog: Navigating ADHD



Why is getting motivated so
difficult for people with ADHD?

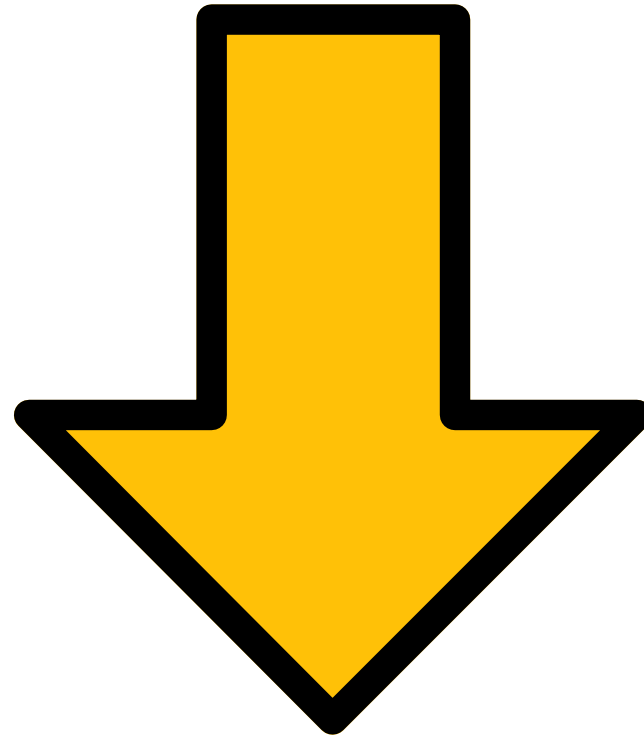
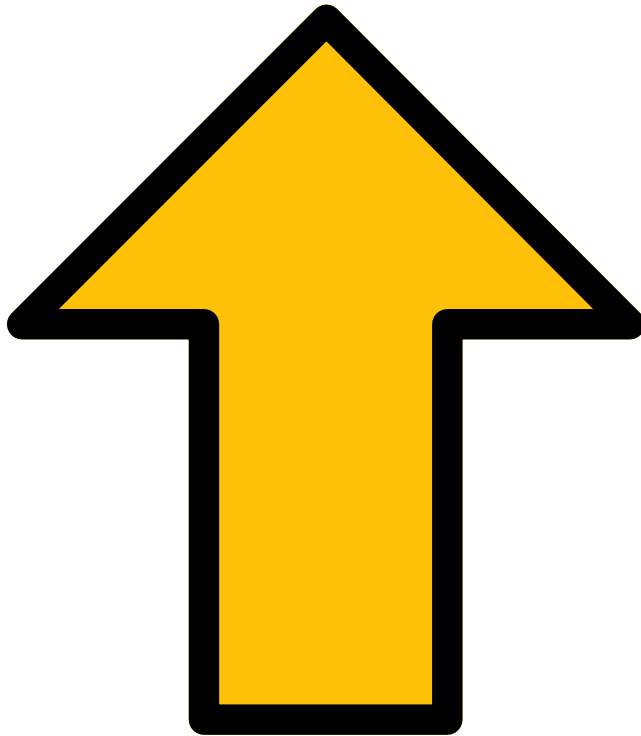
It all begins in the brain...

- The ADHD brain tends to be understimulated or in a "sleepy" state
- People with ADHD also don't receive the same satisfaction or payoff from completing tasks



I-Model (interest, ignition, intuition, inhibition)

As interest/stimulation increases...



ADHD symptoms decrease

When your child says "I don't care"

When your child tells you that they don't care, what they really mean is...

- I don't know how to start
- I don't know what I'm supposed to do
- It makes me uncomfortable
- I don't care but I'll do it anyway
- I don't care because someone else is making me do it
- I don't care because I can't do it
- I don't care because I don't see the point
- I don't care because I don't see the point
- I don't care because I'm anxious, depressed, angry, or frustrated



Negative self-talk can have a DRAMATIC effect on motivation

How can I help my child or teen
when they are struggling with
a lack of motivation?

- Keep in mind that motivation may not be the issue
- Take a "coach approach"
- Help your child identify and utilize their strengths
- Refuel and recharge
- Switch it up, make it challenging and fun
- Embrace fidgeting
- Give choices, follow your child's lead
- Incentives, not bribes
- Reframe negative self-talk

