

ADHD Skills For Success
Week 7: Staying on Top of Emotions
Worksheet: SoS Strategies

Raj is an elementary school teacher who loves his job and his colleagues. Last week, the new principal gave him some feedback on his overdue lesson plans, that made him feel upset and criticized.

Midweek, Raj is depleted. He is sleeping poorly and avoiding his lesson plans by binge watching TV. He feels resentful and worried his lesson plans will be criticized again.

At 2:30 pm, the new principal calls an unexpected staff meeting. Raj typically leaves school by 3 pm, and he was counting on this, so he could exercise and catch up on work. Often, he gets distracted and finds these meetings pointless.

He attends, but at 3:00 pm, when the meeting is nowhere near over, Raj feels an overwhelming urge to leave and packs up and walks out. The principal looks displeased, and others seem surprised. He feels relieved, but also guilty and worried his colleagues feel he doesn't value them. He feels embarrassed thinking, "this is just one more example" of him messing up.

Group 1: Imagine you are helping Raj right after he hears about the meeting. He is irritated at having to change his plans and worried that he might do or say something in the meeting that is inappropriate especially because he's so tired. Meetings are often difficult for him.

What are some ways Raj could:

- 1) Change himself
- 2) Change the situation

Use the chart on page 60, and ideas on pages 61-64 to help you

Group 2: Imagine you are coaching Raj in the middle of the meeting. He is feeling irritated and hot. He's distracted and he's lost track of what the principal is saying. He has an overwhelming urge to leave.

What are some ways Raj could:

- 1) Change himself
- 2) Change the situation

Use the chart on page 60, and ideas on pages 65-67 to help you

Group 3: Imagine you can coach Raj right after he has left the meeting when he is feeling a mix of relieved, guilty, worried, and embarrassed.

What are some ways Raj could:

- 1) Change himself
- 2) Change the situation

Use the chart on page 60, and ideas on pages 68-70 to help you