



# Dr. K's Guide to Mental Health

ADHD Module | Resistance: Emotions | Worksheet

If you find yourself with a lack of motivation and engaging in distraction when you try and do something – the missing link is that there is a subsurface understanding of the emotion you are avoiding. We want to better understand what this resistance is so that we can overcome it.

The stronger the avoidance is, the more likely you are to procrastinate and opt for distractions. Our motivation is protecting us from experiencing negative emotion. Let's delve into dissecting this aspect of resistance. Use these prompts below to help identify if there is a emotional resistance that is blocking your motivation.

**Write down the task that you are struggling to accomplish:**

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**Check off which emotions bubble up when facing this task.**



<input type="checkbox"/>	Fear	<input type="checkbox"/>	Anger	<input type="checkbox"/>	Sad
<input type="checkbox"/>	Shame	<input type="checkbox"/>	Jealous	<input type="checkbox"/>	Inferior
<input type="checkbox"/>	Anxious	<input type="checkbox"/>	Annoyed	<input type="checkbox"/>	Disappointed
<input type="checkbox"/>	Overwhelmed	<input type="checkbox"/>	Frustrated	<input type="checkbox"/>	Embarrassed
<input type="checkbox"/>	Inadequate	<input type="checkbox"/>	Skeptical	<input type="checkbox"/>	Powerless
<input type="checkbox"/>	Insecure	<input type="checkbox"/>	Infuriated	<input type="checkbox"/>	Isolated
<input type="checkbox"/>	Weak	<input type="checkbox"/>	Numb	<input type="checkbox"/>	Despair

**Begin to process the emotion by understanding it more.**

Elaborate on what makes you feel the emotion and what the experience is like. As the emotion starts up, your brain may start to distract you as it tries to protect you from these negative emotions.



- Describe what makes you feel that way and what it's like feeling the emotion.
  - What is the resistance here? What is getting in the way?
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## Now, help yourself process the motivational block by facing the emotion.

You can do this by recognizing what is holding you back, sitting with the negative emotion, and increasing self understanding and self-acceptance of the emotion you are feeling. By facing these fears you can start to dissolve these emotional blocks and better direct your motivation.

**Start to face these resistances by answering the following questions:**

**What do I think will happen if I do this?**

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**What else might happen if I do this?**

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**What am I afraid of happening if I do this?**

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**How will I feel about myself if I do this?**

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**What is the consequence that I'm afraid of?**

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**What will be revealed if I do this?**

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As you begin to better understand why you are feeling the emotions you have, you can begin to validate and process your emotions as you feel them in the moment instead of engaging in distractions.



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