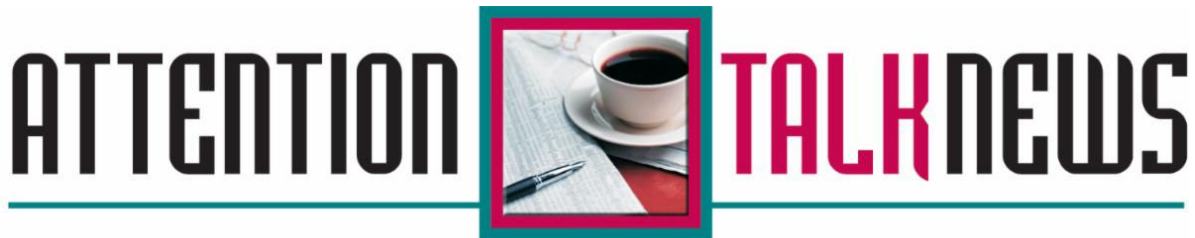


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October 1, 2021



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Escaping Thinking

Do your emotions always seem to turn everything into a catastrophe? If so, it may take you to a place of fear, shame, or blame that leaves you paralyzed. As an ADHD coach, one of my goals is to prove to my clients that their feelings are often misguided based on facts present at that time. Emotional self-regulation is clearly one of the most difficult things for those with ADHD. However, if they can pause to think, look at the data, and remove the emotions, this is actually how they will move forward. How you do this is a complex process and not something you can snap your fingers to do, but it's something that coaching can help those with ADHD move forward.



Please read my blogpost, "ADHD: Escaping Thinking," to help you understand more clearly the dynamics of what's going on. Here's the link:
www.digcoaching.com/adhd-escaping-thinking/

Warmly,
Jeff Copper
ADHD and Attention Coach

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Latest Podcasts



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[ADHD & Self-Regulation: Vulnerability When You're Lonely, Bored, Tired, or Stressed](#)

ADHD is largely an issue of self-regulation. Sometimes those with ADHD can self-regulate, but other times it's more difficult. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) interviews ADD Crusher Alan P. Brown (www.addcrusher.com). They talk about self-regulation and self-awareness, and how much more difficult it is to self-regulate when you're tired, lonely, bored, stressed, or hungry. They discuss how important it is to be proactive in managing these with intent and the dangers of passively reacting. If you find yourself repeating the same mistakes or going off on tangents, realizing the underlying issue of why you struggle is invaluable. We guarantee this to be an insightful show.



[ADHD and Emotional Regulation: What Is Regulating Emotions?](#)

Attention deficit hyperactivity disorder is being recognized as an executive functioning challenge. Part of Dr. Barkley's executive function construct is emotional self-regulation. Humans are the only animals that have the ability to change their emotions, which is important but challenging for those with ADHD. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) and Dr. Ari Tuckman (www.adultADHDbook.com) talk about the essence of emotional self-regulation, what it means to regulate emotions, the role handling emotions play in managing ADHD, and fundamentally how one goes about regulating emotions. If you struggle with ADHD, this is a show you won't want to miss.



[ADHD: What You Should Do vs What You Actually Do](#)

Often, people with ADHD focus on what they think that they should do, never acknowledging what they actually do. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) and Dr. Sharon Saline (www.drsharonsaline.com) will discuss the concepts of



what you should do, versus looking honestly at what you'll actually do, as a form of self-awareness with the goal of helping you move forward. If you have ADHD and find yourself "shoulding" all the time, this is a show you won't want to miss.

[ADHD: Lost in a Sea of Information](#)

If you've got ADHD, you've probably tried to do a little research to understand the condition. If you're like many others, you're overwhelmed by it. There's so much information, but you can't seem to find what you're looking for. In this edition of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) discusses the issue with ADD Crusher Alan P. Brown (www.addcrusher.com). They give you a context to help you understand how much of what's available can be boiled down to the same fundamental concepts even though they might seem very different. They will talk about emotion-based solutions and analytical-based solutions, as well as what's really going on. The focus here is for you to gain some context to be able to sort through the information to understand what's happening. If you're drowning in a sea of information, you can't find what you're looking for, or you've found so much that you don't have time to read/watch it, this is a show you won't want to miss.

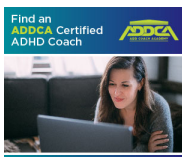


[ADHD and Self-Restraint: What Is Self-Restraint?](#)

Attention Deficit Hyperactivity Disorder is being recognized as an executive functioning challenge. One of the key executive functioning challenges is self-restraint. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) and Dr. Ari Tuckman (www.adultadhdbook.com) talk about the essence of self-restraint and how it relates to ADHD and the challenges of self-regulation. Given that self-regulation is one of the biggest challenges for those with ADHD, we encourage you to watch this show to gain insight on what it's all about so you can better manage yourself.



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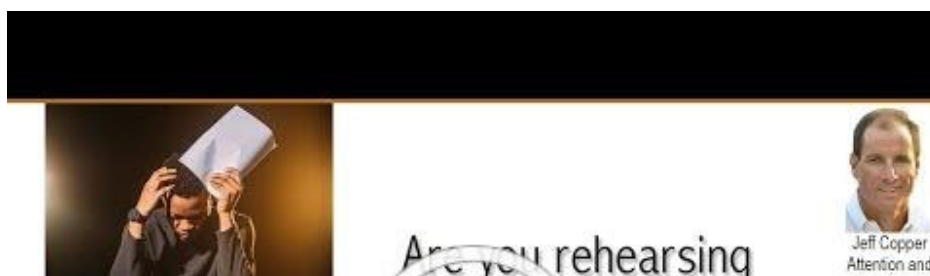


Brought to you by [ADDCA Coach Training](#)

ADHD: Rehearsing vs Learning From the Past

Many of those with ADHD reflect on past experiences. The question is, are you learning from the experiences or are you rehearsing them? In this episode, ADHD Coach Jeff Copper (www.digcoaching.com) talks about the fundamental difference between reviewing the past and learning from it, versus rehearsing it emotionally. If you have ADHD and find yourself talking a lot about the past, this is the show that is just for you: <https://youtu.be/nUP1Z-Ei8q4>

Click the image below to view the video.





the past to repeat
the same mistake?

ADHD Coach

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ADHD and Goal-Directed Thinking

If you have ADHD, you struggle with focus. Is it really a focus issue, or could it be an underlying thinking issue? You probably don't think it's thinking, because your mind is bombarded by thoughts. But maybe that's just daydreaming? In this video, ADHD coach Jeff Copper (www.digcoaching.com) has a short attention exercise for you to participate in to begin to understand the difference between daydreaming and goal-directed thinking and to understand the challenges of thinking in regard to your ADHD. If you're struggling with your ADHD, this is a video worth watching: <https://youtu.be/nVL7kmpynXY>

Click the image below to view the video.



ADHD and Productivity: An Insight

Dr. Thomas Brown once said, "As the need for independent work increases, ADHD productivity decreases." Is that a true statement? If so, what's the driver? In this video, ADHD coach Jeff Copper (www.digcoaching.com) talks about that quote and uses his experience on working with those with ADHD to identify why he thinks it's a very applicable quote. He also discusses the nature of tips, tricks and strategies and the reality of what it takes to manage this. If you have ADHD, struggle with productivity and want to

know the problem under the problem, this is a video you won't want to miss:
<https://youtu.be/wdlFkZu63ng>

Click the image below to view the video.



ADHD and Procrastination: A Helpful Mindset

Got ADHD? Do you procrastinate? Does the sun rise in the morning? Those with ADHD struggle with procrastination across the board. In this video, ADHD coach Jeff Copper (www.digcoaching.com) will share his insights on procrastination, a major cause of it and a simple tool that he uses with himself and clients to identify the core issue. He also shares another tool as a means to open your mind to solve the problem. If the tips, tricks, and strategies to procrastination are not working, you've got nothing to lose, so watch this video: <https://youtu.be/O4F-DcfhRGI>

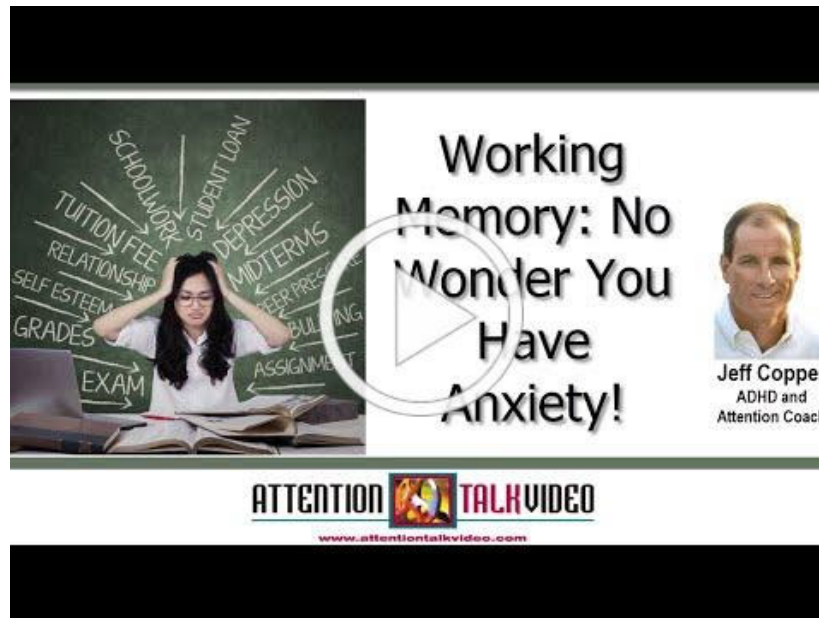
Click the image below to view the video.



ADHD: Experience and Understand Working Memory

ADHD coach Jeff Copper (www.digcoaching.com) often describes ADHD as a self-regulation issue with a working memory challenge. In this video he puts you in an attention exercise to experience the reality of working memory so you can witness the challenge, understand why you worry about it, and learn why it manifests as anxiety. The purpose of putting you in such an experience is to help you get the mindset to help problem-solve. If you find yourself anxious and stressed, watch this video to understand that sometimes the epicenter is your taxed working memory. Manage your working memory and you can manage your anxiety. Watch the video here: <https://youtu.be/1UbeYMJ9KL4>

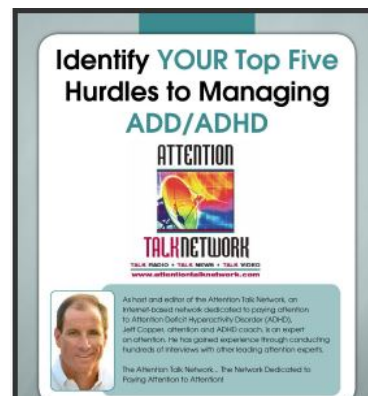
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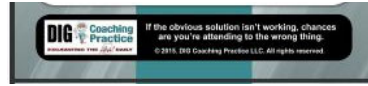


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If you like what you are learning from this newsletter, pass it on to a friend.

Attention is as simple as it is complex to understand. The key is this: If your attention is focused on the wrong thing, you'll get the wrong solution! **Our aBook** (the "a" is for attention) gives you **five key insights on managing attention and ADD/ADHD** learned from conducting over 500 interviews with attention experts.

Get the aBook

If you have suggestions for something you want to see in the newsletter, email them to us at Attention@AttentionTalkRadio.com