

The Truth Behind ADHD:

"Symptom Free Ezine"

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Dear Reader,

Welcome to this month's edition of **your** BRAND NEW "Symptom Free Ezine." As you can see, quite a bit has changed about the format of this newsletter, and this is **just the beginning**.

Aside from the new outline, I am also revamping the content and how I share the information with you. In addition to my regular updates and communications, I am going to be delivering this newsletter to you each and every month. Each issue will focus on one topic - **submitted by you the reader**.

You can be sure to look forward to more tips, tools, strategies, and support that will start making a difference today.

Quote Of The Month:

"To put the world in order, we must first put the nation in order; to put the nation in order, we must put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right."

~ Confucious

This Month's Topic:

Attitude Adjustment

A few readers have written in to ask, comment, or express concern about their child's attitude.

Attitude is a very difficult topic to approach, particularly with children in general. Tack behavioral problems or complaints on, and maybe even an ADHD diagnosis, and "attitude"

really starts to mean something else entirely.

The Basics:

Attitude involves, at the very least, two people. In this particular situation, let's consider the parent-child interaction. The **key** players:

- Child (possibly with ADHD)
- Parent(s)
- Siblings

At the very minimum, we have a few different players - each bringing a tremendous amount of passion, love, history, and concern. In most cases, there comes a point in a child's life where a parent shifts from friend or mentor to sworn enemy.

- It might not start out that way.
- It might not be intended.
- It might not be implied.
- But it can ultimately fracture an already stressful relationship.
- And certainly - it's bound to happen no matter what you do.

When thinking about my own relationship with my parents, even today, there is still a certain level of tension felt amongst us. While I am now an adult with my own family, my parents still see themselves as just that - "my parents." However, I see them differently today. In fact, I think I have always seen them differently - and wanted something different.

I don't need the expressed disappointment or continued judgment of what actions I take. Instead, I (and most "kids") want someone they can connect with on a personal level.

Of course this is different from very young children, but even then, they are looking for a balance of parent as disciplinarian and rule setter along with mentor.

Let's look at how "attitude" happens:

Intent - What we intend to say or express.

Action - What actually comes across.

Delivery - The method by which we share our message.

Typically, the problem happens with the delivery of the message. What we mean to say is misinterpreted by the person hearing the message.

The flavors of attitude:

- Word choice
- Tone of voice
- Body language (includes rolling your eyes)
- Previous history

So these issues compact an already difficult situation.

That said, there are a lot of factors contributing to attitude, starting with **communication** and

history.

Because of these two critical factors, communication boils down to interpretation or perception of the message. And quite frankly, **perception** is the key.

Do's & Don'ts:

When it comes to addressing your child's attitude problems, we know from above that there are a number of factors we **must** consider. As the parent in this situation, it might normally make sense to "demand" an attitude change, but that is NEVER going to happen.

Deep down inside, you know it as well as I do.

Do:

- Be open to change
- Expect it to get worse
- Change first (hardest to swallow)
- Be firm, but warm
- Set the tone
- Model what you expect

Don't:

- Threaten or punish
- Expect her to change first
- Think it will be easy
- Think it will happen overnight
- Lose your cool
- Give in or break down
- Compromise on your expectations

He Said, She Said:

Keeping with our **themes** of communication and perception, we know these are perhaps two of the greatest problems we face when it comes to attitude. Let's take a closer look:

Communication - The message, including what, why, how, and so much more.

Perception - Our realities (yours, mine, hers, and everywhere in between).

So the bottom line is that attitude typically comes from miscommunication or a break down in communication. (Not to mention trust, lack of trust, rebellion, and more). These factors don't even account for intention - or purpose.

Did he / she **intend** to send the message in the way which we received it?

An important message - Keep in mind that your child does not always say what he or she means.

For example - "I hate you, why won't you leave me alone?"

This does not necessarily always mean what we are saying. It can take on many different levels. And while it is hurtful or fuels the argument, if we react (or over-react) to these words, we **risk** overlooking what is happening right before us.

Sometimes these words are a last ditch effort to express how angry a child is.

After all, a child typically **cannot** or will not run away or truly escape the roof you provide for them. So for that very reason, harsh words can be used as more of a cry for help, a call for attention, or quite possibly just a way to try and get even with you at any and all costs.

Sure, on the rare occasion, your child might actually mean it. But first, ask yourself, "What might I be overlooking?" Put yourself in his shoes. Try to remember what it was like to be a kid again. And let go of what you think you know now as an adult.

Children are not logical, and they don't experience the world like we do as adults.

Consider:

- What is your child experiencing that I am forgetting or not acknowledging?
- What if this attitude were a cry for help?

But quite honestly, the best advice I can offer are words that might upset you. I always try to ask people:

- "How are you contributing to your child's attitude?"

A bad attitude is a vicious cycle that will only get worse, if we don't break it. And while we as parents want our child to stop first, the reality is that we (the adults) have to take steps to stop it first.

Up Next:

The content of this monthly newsletter relies on **your feedback**. If you have a particular question or topic that you would like to see addressed in future issues, please do not hesitate to contact me at

In future issues, we will be spotlighting the following month's topic so that you have some time to submit additional thoughts and questions.

Note: Please keep in mind that I am not able to address specific, highly targeted questions. Instead, keep your questions more general.

News:

As a last minute addition, I am going to be offering a follow-up Q&A teleseminar on this month's topic. It will be scheduled for Wednesday, February 13 at 9PM. Registration will be available on the blog, <http://www.thetruthbehindadhd.com>.

All you need to do is sign up and we'll take care of the rest. After registering, you will receive a confirmation e-mail with all the call-in details.

Even if you can't attend, but are interested in the content, the call will be recorded and made available to all who registered.

About Us:

The Truth Behind ADHD exists to help you dispel myth from reality. I want you to focus more on spending quality time with your child, rather than being frustrated on how to deal with your child.

To keep up with the latest information and ramblings on ADHD, be sure to check out the blog over at

You are invited, and encouraged to leave comments and let us know how we are doing, or how we can better serve you.

Until next time,

Rory F. Stern, PsyD

PS - If you believe this information will benefit others, you are more than welcome (and encouraged) to share this newsletter.

PPS - If you have received this newsletter from a friend and are interested in having the latest issues sent directly to your inbox, just send us an e-mail at

As an **extra bonus**, you will also be signed up for a 7-part mini-course, "The 7 Dirty Little Secrets No One Is Telling You About ADHD."

Disclaimers:

1. The material contained within this newsletter and any additional mailings are **only** for educational and informational purposes.
2. The Truth Behind ADHD does not guarantee or provide warranty for any information presented.

3. You should continue to make **any and all** medical and mental health decisions with your licensed medical professionals.
4. The Truth Behind ADHD cannot make any specific diagnosis or recommend individualized treatment plans in this capacity.

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