

Session 10
Strategies Part 2
February 16, 2026

BOTTOM-UP EXECUTIVE FUNCTIONING

We are alive

How to be a robot:

(What teachers and bosses ask for)

- ◎ Start tasks when told
- ◎ Finish tasks when told
- ◎ Do assigned tasks without doing anything else
 - No talking or making sounds
 - No moving or fidgeting
 - No playing with items
 - No zoning out
 - No paying attention to anything else

Traditional Tips for ADHD in children

(Logan, 2024)

- ⦿ “Give praise and rewards when rules are followed.
- ⦿ Give practical directions or commands.
- ⦿ Establish healthy habits.
- ⦿ Develop routines around homework and chores.
- ⦿ Help your child build relationships, develop strong social skills, and maintain friendships.”

We are not robots. We're alive.

- Start tasks when there is interest.
- Finish tasks when when we have enough energy.
- Do assigned tasks while doing many other things.
 - Interaction and sounds
 - Moving and fidgeting
 - Play, play, play!
 - Say what? I was thinking about bacon.
 - Everything, everywhere, all at once!

Some famous people who **may** have been AuDHD (ADHD Online, n.d.; Behavioral Innovations, n.d.)

- ◎ Leonardo da Vinci
- ◎ Albert Einstein
- ◎ Wolfgang Amadeus Mozart
- ◎ Thomas Edison
- ◎ Alexander Graham Bell

I hate every wave of the ocean.

—*Charles Darwin to W. D. Fox 15 Feb 1836*

Oh my God how I do hate species & varieties.

—*Charles Darwin to J. D. Hooker, 11 Mar 1858*

I am very tired, very stomachy & hate nearly the whole world.

—*Charles Darwin to Thomas Huxley, 10 Sep 1860*

I am very poorly today & very stupid & hate everybody & everything.

—*Charles Darwin to Charles Lyell, 1 Oct 1861*

I hate myself, I hate clover, and I hate bees.

—*Charles Darwin to John Lubbock. 3 Sep 1862*

Charles Darwin

- ⦿ Thought by some to possibly have been autistic and had ME/CFS.
- ⦿ He had years where he did very little.
- ⦿ You don't have to be a healthy, steady, factory robot to do awesome stuff.

NICE for ADHD

(McGovern, A. Personal communication, 2025)

NICE

- ⦿ Novelty
- ⦿ Nature
- ⦿ Necessity (low)

- ⦿ Novelty, by definition, wears off. It is a continuous practice.

Novelty

● Discussion

NICE

- ⦿ Interest
- ⦿ Interactivity
- ⦿ Ideas (generating)
- ⦿ Initiating (for some situations)
- ⦿ Importance (low)

Interest, interactivity, ideas

- Discussion

NICE

- ⦿ Challenge
- ⦿ Competition (social facilitation)
- ⦿ Cooperation (social facilitation)
- ⦿ Cycle

Challenge, cooperation, competition

- ⦿ Timer
- ⦿ One-handed
- ⦿ Non-dominant hand
- ⦿ How to make a hard task feel easy
- ⦿ Let's see how fast we can do it
- ⦿ Gamifying
- ⦿ Sports, pool, not the winning, but the challenge

NICE

- ⦿ Exploration
- ⦿ Envisioning
- ⦿ Experiment
- ⦿ Emergency (use sparingly)

Emergency, exploration

- Discussion

P

- ⦿ Passion
- ⦿ Play

Passion and Play

- Discussion

What makes you feel alive?

- Discussion

Loved only if you are a robot

Frank Anderson, MD.

https://www.linkedin.com/posts/frank-anderson-654b1836_conditional-love-creates-adults-who-are-highly-share-7424978291541024769-gqGh

- Conditional love creates adults who are highly attuned to others and strangely disconnected from themselves.
- If you grew up in a home where affection felt warmer **when you were “good,”** calm, impressive, helpful, or low maintenance, love became something to manage. You learned to watch tone, notice shifts in mood, and adjust yourself accordingly. You learned which version of you kept connection steady and which version created distance.
- That kind of adaptation often gets **mistaken for maturity.** You become perceptive, responsible, emotionally aware. You read the room quickly and sense what others need without being told. But inside, there can be a constant background vigilance, a subtle checking to make sure the relationship is still intact, that nothing has gone wrong.
- This is how it shows up later. Conflict can feel threatening rather than workable. Approval can feel relieving but never fully settling. You might over explain, smooth things over, or work hard to stay valuable. Or you might keep distance altogether, because needing anything once felt risky. Either way, the system is still organized around maintaining closeness.
- The difficult part is that conditional love **doesn't always look harsh or abusive.** Sometimes it looks like praise for performing, silence when you're struggling, or attention that arrives mainly when you're achieving or taking care of others.
- The message lands quietly over time: **your needs create distance, your usefulness creates connection.**
- Change doesn't come from understanding this pattern once. It comes from **repeated experiences of staying connected without adjusting yourself to earn it.** Moments where you're honest, imperfect, or unsure, and the relationship doesn't disappear. That's when the body starts to reorganize around a different expectation: closeness can be steady, even when you're fully yourself.

Unconditional love

- You can have connection and closeness even when you are not a robot or useful

Discussion

- Discussion

References

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- ◉ Anderson, F. (2026, February). Conditional love creates adults who are highly attuned to others and strangely disconnected from themselves. [LinkedIn post]. LinkedIn. https://www.linkedin.com/posts/frank-anderson-654b1836_conditional-love-creates-adults-who-are-highly-share-7424978291541024769-gqGh
- ◉ Behavioral Innovations. (n.d.). 20 famous people with Autism Spectrum Disorder (ASD). <https://behavioral-innovations.com/blog/20-famous-people-with-autism-spectrum-disorder-asd/>
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