

The Reckoning

(Français: 'règlement de comptes -> )

The Reckoning refers to a 2–3-year time frame, *after* a diagnosis of ADHD as an adult, where the opportunity for *re-interpreting* your life story is here. The goal of this narrative exercise is to uncover opportunities for growth and development, find meaning, and understand ourselves better.

For those of us with a diagnosis decades later than intended, perhaps we are getting to know the deepest parts of ourselves for the first time, and overall exploring how this diagnosis, as well as the time *before* the diagnosis, has influenced your self-concept.

Looking back

Many of us have had a number of times when we were less affected by our ADHD (usually aligned to times of fewer external stressors and more external structure). Can you describe the last time you felt less bothered by your ADHD? What comes to mind right away about that timeframe? What was the next thing?

What was a challenge that you overcame during this timeframe? Who helped you with that?

When you think about those times in the past when you have achieved this, how might this alter your view of the problem now?

How have you grown, or what lessons did you learn, during this timeframe?

Choose a timeframe to reflect on. For example, use a time period (e.g., “past year”), or a life event (e.g., “since starting my new job”). What do you think might have been different had you known?

The Present

As you come to understand your unique presentation of ADHD, consider how ADHD has affected you through each domain of life it touches (home, work, school, relationships, etc.). For example, has your understanding evolved of the differences between your *personality* traits vs. the manifestations of your presentation of ADHD?

<i>ADHD stuff</i>	<i>Personality</i>

Do you have personal values that come up when thinking about why these effects are undesirable or have been troublesome for you?

Looking Forward

How would you prefer things to be *moving forward*?

If you were to stay connected to what you have just said about what you prefer, what next steps could you take?

Let's look ahead to what will come now that we know what we know. What are you looking forward to during this timeframe? Try to list at least three examples.

What relationships would you like to strengthen during this timeframe?

What can you do to help others understand what you need during this timeframe?

Ideally, how will your life be different at the end of this timeframe? Give specifics.

What do you need to know to feel confident about your future possibilities?

“Every time we ask a question, we’re generating a possible version of a life.”
~ David Epston