

Create Your Personal Success Guidebook

Using Your Interest Based Nervous System



“Researchers view ADHD as stemming from a defective or deficit-based nervous system. I see ADHD stemming from a nervous system that works perfectly well by its own set of rules.” – William Dodson

● **Bring to mind a recent task, activity, or day where you were especially successful or felt good.**

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- What did you do? What stood out about this experience? Try to remember as many details as you can.
 - Write them down or otherwise note them by some system

● **Consider the factors that contributed to your success or positive experience. This could include your strengths, interests, or specific strategies you used.**

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- Why did these elements help you succeed?
 - Write them down or otherwise note them by some system

● **Craft a personal guidebook—either physically or digitally—to document your strengths and successful strategies.**

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- What way of doing this resonates with you? Would you like categories, themes, or chronological entries? Any way is fine.

● **Update your guidebook each time you complete a task or have a good day, reflecting on your strengths and successful strategies.**

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- How can you seek to replicate this success in the future?

● **Refer to your guidebook as necessary to remind yourself of your strengths and past successes. Use this to counteract negativity bias, and empower your strengths-based perspective.**



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- **ADHD /Autistic Nervous System:** The neurodivergent nervous system is unique and special. It regulates attention and emotions differently from neurotypical individuals. It is not damaged or defective but operates under a different set of rules.
- **Interest-Based Nervous System:** This is a key feature of the Neurodivergent (ADHD/Autistic) nervous system. Individuals with ADHD are motivated and can engage in tasks when they are interested, intrigued, challenged, or find a task urgent (in the case of adhd) . Conversely, neurotypical individuals can engage in tasks based on their perceived importance, the importance placed by others, or the potential rewards or punishments.

This is based on a theory of William Dodson and you may find it relevant. This worksheet is based on his work and ideas of David Giwerc.

If you have a neurodivergent nervous system, it makes sense to decode it and spend some time getting to know it.