

◆ 1. The 5 Core Flourish Skills

These five skills form the foundation of emotional regulation in ADHD women. They help you meet your emotions with care instead of control.

Skill	What It Means	Why It Helps
Self-Awareness	Noticing your thoughts, body signals, and emotional patterns	Helps you recognize what you feel and need before things escalate
Self-Compassion	Treating yourself with the same kindness you'd give a friend	Soothes shame, guilt, and emotional overwhelm
Self-Care	Meeting your basic needs: rest, nourishment, movement, play	Supports your nervous system and prevents burnout
Self-Accommodation	Adjusting your environment or expectations to match your needs	Reduces stress by working <i>with</i> your brain, not against it
Self-Advocacy	Asking for what you need, setting boundaries, and honoring limits	Builds emotional safety in relationships and daily life

◆ 2. Old vs. New Beliefs About Emotions

Many of us were taught that emotions are dangerous, embarrassing, or a sign of weakness. But what if the opposite is true?

✗ Old Beliefs

- ❑ Emotions are irrational
- ❑ Strong emotions mean I'm out of control
- ❑ I should hide my feelings to be liked
- ❑ Emotions last forever
- ❑ Feeling "bad" emotions means something is wrong with me

✅ New Beliefs to Practice

- ✅ Emotions aren't good or bad—they're information
- ✅ All emotions are valid, even the uncomfortable ones
- ✅ Emotions pass more easily when I don't resist them
- ✅ I can learn to trust what my feelings are telling me
- ✅ Feeling big emotions doesn't make me "too much"—it makes me human

◆ 3. Emotional Regulation Rights

You have the right to experience and express emotions without apology.

I have the right to:

- Express my feelings—even when they're big
- Say "no" without guilt
- Ask for what I need
- Take the time I need to respond
- Feel my feelings without fixing them right away
- Change my mind
- Set my own pace
- Make mistakes
- Be supported without having to explain everything
- Choose environments that feel emotionally safe

4. Self-Accommodation Practices

Self-accommodation means adjusting your world—not forcing yourself to fit in. Here are examples of what that might look like:

-  Skipping overwhelming events, even if others expect you to go
-  Wearing noise-canceling headphones or leaving early when overstimulated
-  Lowering internal expectations when you're exhausted
-  Taking breaks without earning them first
-  Using visual timers or body-doubling to support executive function
-  Creating sensory-friendly zones at home or work

You don't have to be in distress to deserve support.

You can prevent burnout by supporting your needs early.

5. "Taking in the Good" Practice

Because of how ADHD brains filter information, you might unconsciously focus more on the *negative*. Here's a simple exercise to help shift that pattern using neuroplasticity.

Practice: Savoring Small Wins (2 minutes)

1. Pause. Notice one good thing that just happened.
2. Let yourself feel it for 10–20 seconds.
3. Say to yourself: *"This moment matters. I want to remember it."*

Over time, this helps your brain encode more *positive cues* and increases emotional resilience. ***

6. Body Awareness Check-In (Interoception Builder)

You can't regulate what you can't feel. This simple check-in helps you notice what your body is trying to tell you:

"What am I feeling in my body right now?"

- Hunger?
- Tension in my shoulders?
- Shaky or overheated?
- Clenched jaw or shallow breath?
- Need to move or rest?

This isn't about fixing it—just listening. Building interoceptive awareness helps you respond before overwhelm takes over.

◆ Bonus Tool: Your Personal Regulation Menu

When dysregulation hits, it helps to have a menu of supportive options ready—so you don't have to think, plan, or push. Use this list to explore what regulation strategies feel doable and nourishing for you.

Body-Based Tools:

- Rocking, swaying, or bouncing
- Wrapping yourself in a blanket
- Splashing cold water or holding an ice pack
- Deep pressure (weighted items, compression clothes)
- Stretching or changing posture

Sensory Supports:

- Earplugs or noise-canceling headphones
- Dim lighting or sunglasses
- Fidget, stim, or texture tools
- Soothing smells (lavender, citrus)
- Soft, familiar textures

Nervous System Reset Options:

- Go outside for 2 minutes of fresh air
- Breathe in for 4, hold for 4, out for 8
- Lie on the floor and let yourself feel heavy
- Walk barefoot on grass or carpet
- Cuddle with a pet or stuffed animal

Connection-Based Supports:

- Text a friend with a 🧠 or ❤️ emoji just to say "I'm here"
- Sit near someone, even in silence
- Ask for a hug or soothing presence
- Read something that reminds you you're not alone

"Regulation is not a skill you master. It's a relationship you build—with yourself, your body, and your needs."

◆ **Bonus Summary: 5 Things to Remember About Emotional Dysregulation**

1. **Dysregulation is a nervous system response, not a character flaw.**
2. **You're not overreacting.** Your brain and body are reacting to what feels unsafe, overwhelming, or invalidating.
3. **You may not have been taught how to regulate—especially if you didn't receive co-regulation.** That's not your fault.
4. **You don't have to do it all alone.** Regulation can be supported by people, tools, and environments.
5. **Shame fuels dysregulation.** Self-compassion helps heal it.

Tape this to your fridge, mirror, or inside your journal as a reminder: you are not too much, and you don't have to shrink to be safe. [[emotional dysreg final 3]]