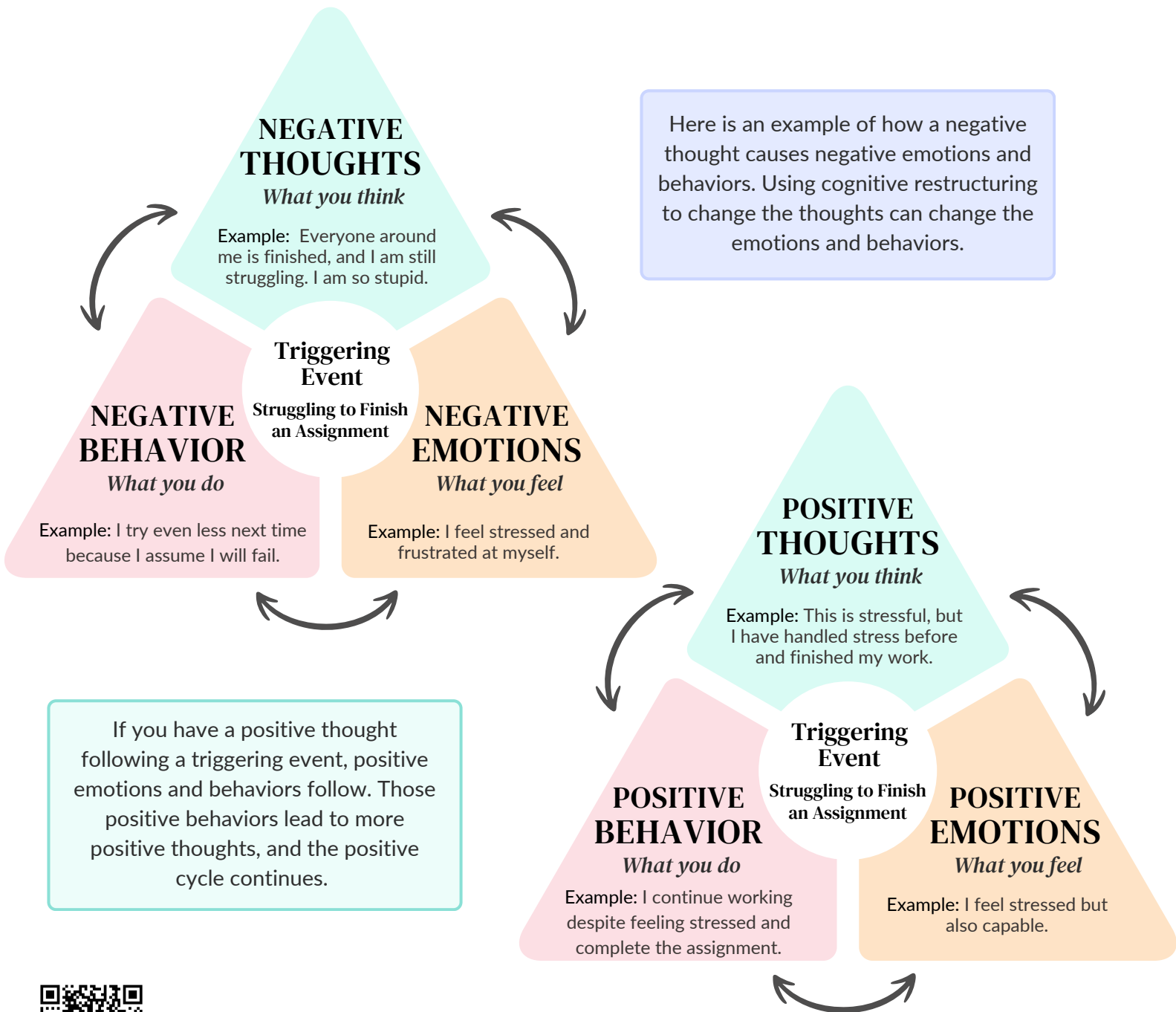


Cognitive Restructuring

Cognitive restructuring is a practical technique that can help your child with ADHD recognize and challenge negative thoughts that may be affecting their behavior. Kids with ADHD often struggle with thoughts like “I’ll never get this right” or “I’m not good at this,” which can lead to procrastination, distractibility, or disorganization. By guiding your child through the process of questioning these thoughts, you can help them see things more clearly. For example, you can ask them to consider: “What’s the evidence for this thought?” or “Is there another way to look at this?” This process teaches them how to interrupt negative thinking patterns that make it hard to focus or get things done.

With time and practice, your child can learn to replace these negative thoughts with more constructive, positive alternatives, like “I can try a different approach” or “It’s okay to make mistakes while I’m learning.” This can improve their focus, help them feel more in control, and make it easier for them to manage tasks both at home and at school.



Cognitive Restructuring

THOUGHT

What you think in a situation.

Ex: I never get anything done because I am so lazy.

EMOTION

How you feel.

Ex: Frustrated and hopeless.

BEHAVIOR

How you act in the situation.

Ex: Procrastinate further.

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are making your ADHD symptoms worse by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thought:

Is my thought factual?

What evidence do I have for and against my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?

