

Who Drives Your Bus?

A SELF-TEST



Who takes the wheel
when your BRAIN
seems to have a mind of its own?

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thrivewith**ADD**

Who is in charge of your brain?

When you're someone with the traits of ADD / ADHD, it can feel like your brain has a mind of its own. You may have the best of intentions to get things done, but somehow, time after time, things don't work out as you planned.

Think of your brain as a private bus...

The bus is full of different types of characters riding it.

At any time, one or another of these characters may decide to take charge and grab the wheel. Whomever is driving the bus is driving your thoughts and actions at that moment.

Some of these characters are more dominant, and tend to take the wheel often.

The characters who dominate YOUR bus are unique to you, and could be different from those who most often drive other people's buses.

WHY THIS MATTERS

With traits of ADD / ADHD, you need strategies not only for WHAT to do – but HOW to get yourself to do it. That usually means knowing how to keep your dysfunctional characters from driving you into a ditch.

It's very important to be intimately acquainted with your dominant drivers so you can anticipate when they're likely to take the wheel.

The goal is for YOU to be in charge of deciding who should drive the bus, so that you empower the right driver for the situation.

In order to reach that kind of SELF-MASTERY, you need to first understand whom you're dealing with.

How to determine your drivers

There are 4 situational examples that follow.

In each one, imagine yourself in the situation, and read all the possible responses. Then circle the letter of the 1 to 3 responses that feel *most* like you.

- It's fine if you just choose one or two that feel more like you than any others.
- Don't pick more than three, or you won't get a sense of your most dominant drivers.

Don't read ahead, or you won't get your most valid response.

After you've gone through the 4 examples, you'll see the characters who correspond to the letters you've chosen.

Keep them in mind, because they are the ones most likely to take over your bus!

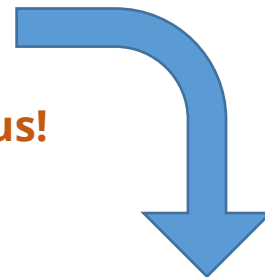
WHAT IT MEANS:

As you go through the training program, you'll learn more about how these characters interact with each other within your brain.

- For example, you and another person may have the same dominant characters, but the way one sets off another can lead you to have a uniquely different result.

The more you learn how to create strategies that are just right for YOU, the better you'll be able to keep your more unruly characters in their seats!

Now go ahead
and find out
who's driving your bus!



#1 – DRIVE to PARTY

You were invited to attend a surprise 50th birthday party for an old friend in another city. The location is a restaurant, a 2-hour drive away. You’ve never driven there before. All guests must be there by 6:00 for the surprise.

s	You look up the address online, print out directions, and also enter it into the map app on your phone. The directions say 2 hours, so you leave 2.5 hours before, just in case.
i	You’d noticed the gas tank was low yesterday but didn’t bother to fill it. You almost run out of gas on the highway, lose 10 minutes filling up, and get a speeding ticket attempting to make up for the lost time.
h	You had printed out directions but once you got to the city, roadwork required a re-route. It’s almost 6:00 and you are all turned around and lost. You try calling the party planner but there’s no answer. You pull over and feel like crying.
o	You need to ask directions, but feel overwhelmed when you can’t keep them straight in your head. Two people give you two different routes, which makes you flustered. You have to pull over to breathe deeply and get your head focused.
w	You get a late start because you waited until the last minute to wrap the present, and put off getting started on the long tedious drive.
c	All the way there, you second-guess the present you bought and debate whether you should have spent so much... after all, you haven’t seen this person in a long time.
d	You get a very late start because you couldn’t find the invitation with the name of the restaurant. Finally you decide you’ll drive to the city and ask once you get downtown for the “Paradise” restaurant... or was it “Palacio?” Was it for 6:00... or 6:30?
e	You found it depressing to hear your friend was turning 50... and what that meant about YOUR age! You were tempted to not go, since last time you saw those people, you were 20 pounds lighter.

Your responses are most like: _____

(Pick no more than 3)

#2 - TAXES

It's a week away from the deadline date for filing your annual tax return.

c	You are disgusted with yourself for not starting work on the taxes earlier. Since you didn't start when you should have, you deserve those late nights you will now have to spend on them.
h	Your partner has always handled the taxes. If you suddenly had to think about taxes... how would you even find an accountant? To have to suddenly deal with things like this would be terrifying.
i	You have no patience for dealing with taxes. You chose your accountant because he lets you dump all your paperwork into a shoebox and leave it with him. Sometimes it's filed late, but your accountant takes care of the extensions and you don't have to bother.
d	You tried to start the taxes a month ago, but had to spend so long looking for all the receipts and statements that you gave up. You don't remember how far along you got, or where you put them. Come to think of it, you're not sure where last year's tax return is.
e	You've been avoiding calling your accountant because he seemed impatient with you last year for not having the right paperwork. Plus, dealing with taxes means having to face the fact that your investment choices didn't do well. You're so ashamed of your incompetence in this, year after year. It seems like everyone else can do this right, so why can't you?
s	You don't have to think about it, since your taxes were mailed a month ago.
w	As always, you procrastinated on doing the taxes until the last minute. You resent having to spend time doing this super-boring task every year.
o	You've been putting off pulling your tax paperwork together because it's so overwhelming. You don't know where to start, and it seems worse every year. Now you have to go online to pull statements from what seems like hundreds of different websites... it will take days.

Your responses are most like: _____
(Pick no more than 3)

#3 - PROFESSIONAL ASSOCIATION

You're on the Board of your professional association. Another Board member, Jack, has just sent out an email referring to a project you managed in a way that sounded critical.

w	You call up a sympathetic friend and rant about having to put up with obnoxious people on the Board.
e	Reading Jack's criticism felt like a slap in the face, and ruined your whole day. You dread the thought of having to go to a Board meeting this week, wondering what everyone is thinking about you. Maybe you don't deserve to be on the Board. In any case, how can you sit in a meeting with that odious back-stabber?
h	You are shocked by the criticism and don't know what to do. You say nothing and hope no one else noticed Jack's email.
o	You have way too much on your plate to deal with criticism, and reading this email overwhelms your brain with thoughts of defensiveness and rebuttal. But you don't have time to think through a proper response.
d	You feel Jack's criticism of your project wasn't really fair. The project went great; it just got off to a shaky start when you sent out the wrong date in the announcement email.
i	You immediately shoot out an email to the Board responding to what Jack said and giving your side of the story.
s	You wonder if you're being too sensitive, and decide to ask an unbiased person how they would interpret Jack's wording.
c	You ruminate over the nerve of Jack to criticize you, considering his own projects that haven't turned out perfectly. You make some notes about Jack's past mistakes and think about how you'll bring those up in the Board meeting ... in case it comes up.

Your responses are most like: _____

(Pick no more than 3)

#4 – PERFORMANCE EVALUATION

You work for a large company that takes the annual performance review process very seriously. This year, they've developed a long online performance appraisal form. You must fill out the form with an evaluation of your OWN performance and submit it online by the end of the week.

o	You feel overwhelmed at having to fill out this thing when you're so busy. There's a whole page of instructions just on how to fill out the form.
s	You schedule a half hour in your calendar to make notes summarizing your projects and an hour to complete the self-appraisal form.
w	You're frustrated at what seems like a waste of your time, since you know the company is giving very small raises this year. You finally start it the night before it's due. It's too tedious to think through every little question, so you just rate yourself all 4's (on a 5-pt scale.)
h	You are intimidated by the form, afraid of doing it wrong. You have no idea how to evaluate yourself since you don't know what your boss thinks. You can't focus on your work, knowing you'll have to do this, and not knowing how long it will take to complete.
c	You analyze how to rate yourself on each point. You don't want to seem over-cocky, but should give yourself credit where it's due. You spend a lot of time on the open-ended essay portion, wanting it to sound thoughtful. You suspect your boss isn't spending nearly as much time on evaluating your performance.
d	It takes a very long time to find all your project notes on what you did all year. It's hard to make sense of them, and some notes are missing. You realize you'd forgotten about fulfilling last year's stated development goals.
e	It's wrenching to realize that your boss will be evaluating you on so many different points. The worst part is it's so painful to judge yourself and see where you didn't improve from last year.
i	You grit your teeth and race through the form, to submit it and get it over with as soon as possible. After you submit it, it gets kicked back to you because you missed several spots and didn't fill in the essay portion.

Your responses are most like: _____
(Pick no more than 3)

Total Up Your Responses

1. Take each column one at a time. Enter a check mark ✓ for each letter representing the response that you related to the most. *(Choose no more than 3 letters for each question.)*
2. Moving across each row, total the number of check marks you gave to each letter.
3. At the bottom, fill in the letters that had the most check marks.

Your Responses	Situational Examples				Total
	#1	#2	#3	#4	
c					
d					
e					
h					
i					
o					
s					
w					

These responses felt the most like you:

See which characters the letters represent

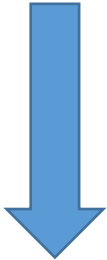


Meet Your Drivers!

s	Steady Eddy
w	Whiny Winnie
i	Impatient Iggy
o	Overwhelmed Oscar
h	Helpless Hannah
c	Critical Calvin
d	Disorganized Derek
e	Emotional Emma



**Scroll down
for a description
of each
character.**



STEADY EDDY

You think things through before diving in.

You do what is necessary to meet your goals.

You have consistent routines that help you maintain your home.

You have developed strong work habits and are on top of your projects.

You know when to ask for help, and have no problem doing so.

You make a plan and try to stick to it, but make adjustments when necessary.

Your work materials and information is organized and you know where to find things.

You write down all appointments, and anything else you need to remember, and enter it where you'll see it when you need it



WHINY WINNIE

You procrastinate or avoid doing things you don't feel like doing.

You hate boring chores and everyday tasks, and do them as seldom as possible.

You've run out of gas because you put off having to stop and fill the tank.

You've gotten late fees from not paying bills, even though you had the money.

You avoid dealing with people who aren't interesting.

Your home is cluttered because you hate putting things away.

Dishes pile up in the sink because washing them is such a bore.



IMPATIENT IGGY

You do things faster than most other people.

You can't stand to get places early and wait.

You've bought a lot of self-help books but they all say pretty much the same thing, so you don't get very far in them.

You hate directions or being told what to do.

It drives you crazy when you know what someone's going to say, or when you've heard it before.

You've tried to use strategies to help with ADD, but nothing's worked. Trying to change your habits only works for a little while.



OVERWHELMED OSCAR

Having to plan or make an uncomfortable decision makes you feel overwhelmed.

Too much information makes your brain shut down.

You find yourself screwing around on Facebook, surfing the web or doing something unimportant when you're confused about what steps to take next.

Your brain feels flooded when another responsibility is piled on your already-full plate.

Sometimes you just want everything to STOP.



HELPLESS HANNAH

When things are unclear or ambiguous, you find yourself paralyzed from moving forward.

You feel like a deer in the headlights when you have to come up with an answer on the spot.

Making a decision is very difficult without knowing all the information.

You worry about doing the wrong thing, or taking the wrong step.

When you don't know what to do first, you can't start.

You wish someone would just tell you what to do.



CRITICAL CALVIN

You don't want anything you work on to be seen unless it's perfect.

You're often late because you want to get your clothes or appearance exactly right.

It bugs you when you see something that's poorly written.

You can ruminate a lot over mistakes you've made, or when you've said the wrong thing.

You hate having to ask a question that shows what you don't know.

If things don't go well, either you or someone else is probably to blame.

You form opinions of people very quickly.



DISORGANIZED DEREK

You often can't start work when you want to because you can't find tools, papers, information.

You have several copies of the same thing because you didn't know you already had it.

You are often late because you're looking for your phone, keys or wallet.

It's common for you to have to go back for something you've forgotten.

You're not sure what stage different projects are in that you've started.

In school, you were caught by surprise at tests coming up or papers suddenly due.

You don't regularly keep track of appointments or social engagements in one place.



EMOTIONAL EMMA

You suffer agonies of embarrassment when you've committed a social error.

Negative feedback or criticism makes you feel awful all day.

When you've screwed up with someone, it makes you want to avoid them

When you're feeling very low OR very happy, it's almost impossible to focus on work.

Missing an appointment or forgetting someone's birthday makes you feel terribly ashamed.

If someone insults you, you don't feel right unless you can answer back at them with something scathing (at least in your mind!)

You can't bear to look at evidence of what you did wrong.

