

WALL OF AWFUL



BY **ADHD** ESSENTIALS

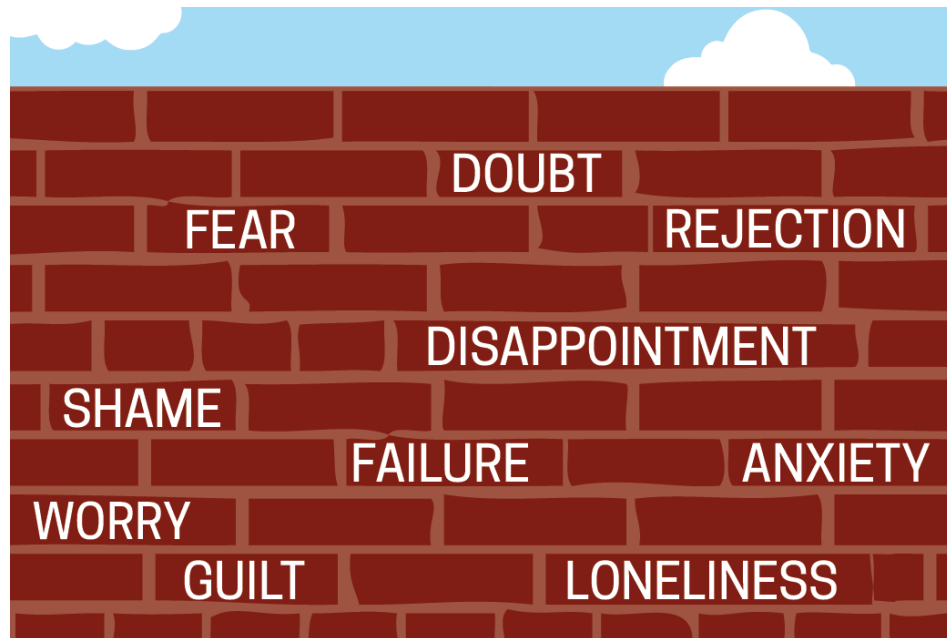
...is the emotional barrier that grows out of repeated failure and prevents us from taking risks or initiating tasks.

...is a language model that can be used to help make the abstract concept of negative emotional associations more concrete.

Everyone has a Wall of Awful™. In fact, we all have multiple Walls. People with ADHD tend to have more, and their Walls tend to be bigger.

Please use the space below to reflect on your personal Walls of Awful™, or on your child's Walls of Awful™.

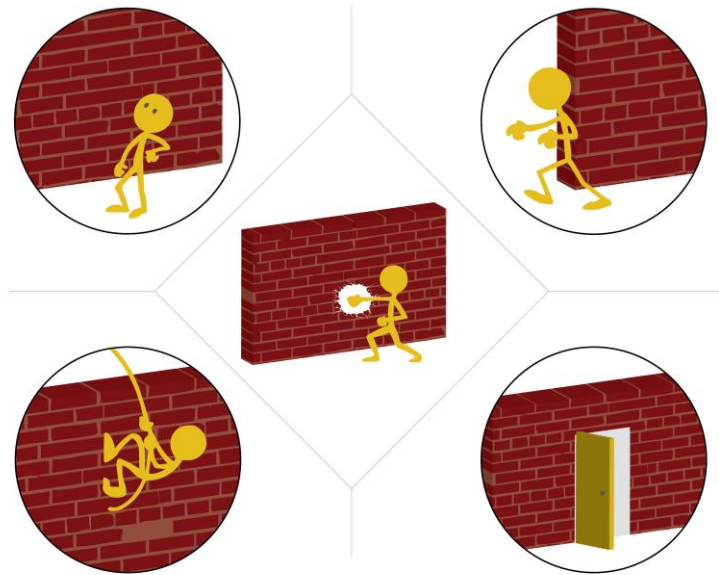
(Or Doodle. Your call. No judgment. 😊)



Every time we fail at a given task, bricks (guilt, disappointment, rejection) are added to our wall.

As these bricks pile up to become a significant barrier to our efforts - a Wall of Awful™.

Eventually, the bricks become blocks (shame, mistrust, loneliness).



There are five methods people typically use to try to get past The Wall of Awful™:

Stare at it.

Go around it.

SMASH through it.

Climb it.

Put a door in it.

Please use the space below to reflect on the methods you use to get past your Walls of Awful™, or to help your child get past theirs.

What works? What doesn't?

What might you do differently going forward?