

FORGETFULNESS

Forgetting where we set something or to complete a requested task generally means that we failed to focus on the act or instructions in the first place. To improve memory and reduce the forgetfulness that is so common in people with ADHD:

1. Repeatedly State What You Need to Do.

“Pick up Jane from the airport at 4:00.” “Pick up Jane.” “4:00 Airport.” “Jane. Airport. 4:00.” This repetition helps your brain to store the information, so you don’t forget.



2. Focus with intent when you set down a needed object.

When removing glasses or setting down a pen or other item needed for the task, focus on the action and state several times where you have set the object. “I am putting my sunglasses on top of the hutch.” “Remember you put your glasses on top of the hutch.” “The hutch in the living room – sunglasses.” It can help to picture in your mind the object and the place where you have set it down.

3. Use Mnemonic Devices.

“Every good boy does fine” to remember the alphabetical designation of the notes on a sheet of music, “*E, G, B, D, and F*”. Or using the word “*HOMES*” to recall the five Great Lakes, *Huron, Ontario, Michigan, Erie, and Superior*.



4. Take a Deep Breath if You Forget.

Taking deep breaths not only helps you to feel less stressed if you’ve forgotten something, it also brings in more of the oxygen needed to access those parts of the brain involved in memory and recall.

5. Give Yourself a Pep Talk.

Become your own cheerleader. “You got this!” “You can remember!” will be much more helpful in producing recall than beating yourself up by calling yourself names or engaging in other forms of negative self-talk. Messages like, “I’m such a knucklehead,” “I can’t believe I did something so stupid again,” and “I’ll never remember” increase our stress level and reduce the likelihood of recall.



For more tips on helping the ADHD brain, contact us at (512) 496-5947 or sheryle.gordon@gmail.com.