

## **Mindful Self-Management® Testimonials**

Here's a representative sampling of what participants have shared with us over the years

### ***How might you describe this program to someone you think would benefit from it?***

"This program helps you accept that you have ADHD, the biggest step in being able to progress and get things completed. There is also a lot of support that is reassuring because everyone in the group has difficulty with similar things as you."

"If you feel defeated, lost, or trapped, here's a group that offers a complete set of tools and a safe environment."

"It's really helpful to spend time with other neurodiverse people from a range of ages and backgrounds, to hear the things we have in common, share what's working for us, what is still proving difficult, to validate each other and identify viable solutions. This approach to ADHD has made me feel like I finally have a guiding light in the tunnel of ADHD. The emotional support that this group has given has also been so beneficial. Hearing others express the same exact concerns and frustrations I have has been so emotionally healing as well."

"The class allows you to be aware of the mechanisms of your thinking patterns that affect your life through your emotions and how you approach tasks. It gives simple and clear indications about how to approach the impediments caused by ADHD that you can start applying right after class and throughout the week."

"Whether you have been recently diagnosed with ADHD, or known your whole life, you will benefit from this class. You will benefit from being able to share with people like you who "get" you. You will learn helpful tips and tricks for staying organized and being productive. And you will learn the ESSENTIAL piece of knowledge, that mindfulness allows you to regain control of your thoughts which allows you to gain control of your life!"

"The group provides an overall framework for life and self-maintaining, organizing, prioritizing, and really becoming aware. Through the teachings and systems set in place during class can be the successful and satisfying framework and guide you need."

"It really helps to engage the material and activities with a group. I've bought books, "one month" guides, but never used them. I'm taking this class again."

### ***How do you think you changed the most having taken part in the group?***

"I changed the most by scheduling my time and being motivated to begin assignments because there is limited time to complete it before the next task or appointment in the day."

"I have accepted myself more, understand ADHD better, and appreciate the group support".

"I see my executive functioning issues as more a part of what I deal with on a daily basis, but I feel less pathologized by that identity."

"Feeling isolated and helpless evaporated. Tools to help myself seemed more within reach."

"I changed the most in my orderliness and cleanliness both at my house and outside."

"I realized that taking care of myself (rest, nutrition, having fun, prayer, exercise, etc.) are not a 'nice to have'; they are a 'must have' to live the life I want."

"Awareness—I have been able to be realistic, to stop myself and come back to being a rational human being. And acceptance that it's OK."

"Realizing there are others dealing with the same or similar problems, I am not alone. It's a condition—not a personal flaw."