

How To Do Less (And Why)

In the teleclass and podcast about *Why We Lose Things (And What To Do About It)*, we touched on the topic of how to do less, as this topic overlaps a lot of other issues, frequently being the key to a log jam. However we only touched the topic. In this teleclass we will see inside the how-to issues as it is a real challenge today to do less. And often, we are not sure we want to do less, but we know we want to lower the stress from doing too much!

Now I, and every red-blooded AD/HDer knows that the one thing that is guaranteed to make us want to throw up, is the injunction to do less. “Less? You’ve got to be kidding! I can’t get it all done now—I am always behind” you say.

Well, that is understandable because we tend to sign on for anything that sparkles and shines, or to offer help to any situation that appears on the horizon, looking even vaguely interesting. After all, we think, ‘I can do that’. And we can. Because a determined person can do almost anything.

So the deal is, just because you can, does not mean you should.

AD/HDers tend to have unlimited enthusiasm for the new and interesting-sounding project. Especially one that is challenging.

So what is this all about? We are terrific at enthusiasm. We are the one always willing to help out. We are the one who suggests 23 ½ creative ways to do that project, and we possibly offer it in 7 colors, with 18 kinds of background music and also agree to make the chocolate-chip muffins, or build the necessary skylight.

Everyone is delighted. They think they are off the hook, and that the superhero has arrived. They are off the hook until they discover that the project is not getting done. First they are baffled, then irritated. Then they realize they are not off the hook. They are on the hook. That’s when they get REALLY irritated.

That is when our low self-esteem takes another whack, and we reinforce our belief that we are not very good at X. So we volunteer for other projects in order to get off the present hook and avoid seeing what is going on.

Tune in to find out how to change this pattern-- have our cake and eat it too-- AND re-build self-esteem.

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