Threat-demand cycle in ADHD

General example of any new demand

MOYA CBT

Demand

"It's too much"

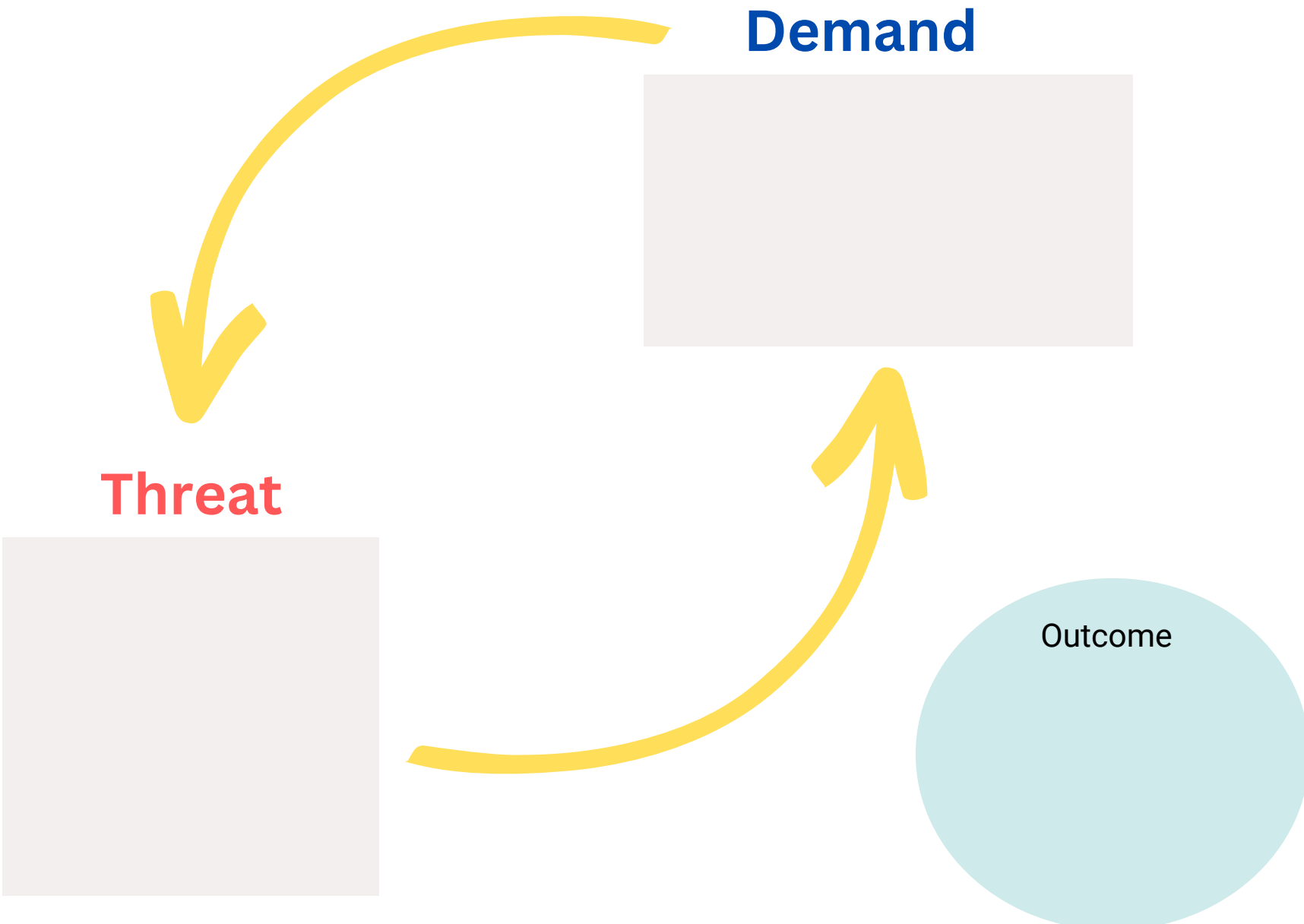
"I am already overloaded"
"I won't be able to switch my attention back to what I was doing"
"I need to get it over with"

Threat

Agitated
Hard to focus
Feel overwhelmed
Fight/flight/freeze
Increased arousal leading to impulsivity

Outcome

Increased distractibility, ineffective approach to task, avoidance

MOYA CBT

Situation, task or trigger