

# THE DISCOMFORT WORKBOOK



A GIFT FROM  
ADHD LIFE COACH

*Mande John*

LEARN TO THRIVE WITH ADHD

# *Welcome Friends!*

This workbook is designed to help you explore the concept of expanding your capacity for discomfort in order to grow and live a meaningful life. Please use this to apply what you learn to your own experiences and emotions.

## **How to Use This Workbook**

- Answer the questions in each section.
- Use the notes sections to jot down additional thoughts or reflections.
- Refer back to this workbook as you practice allowing and learning from discomfort.

### **Pro Tips:**

This worksheet is made simple to save on ink.  
Another way to save is to print using grayscale  
Save paper by printing on both sides.  
Print only the pages you need.

If you have questions, feel free to email us at:  
[support@learntothrivewithadhd.com](mailto:support@learntothrivewithadhd.com)

# STEP #1 - REFLECT ON DISCOMFORT

**1. What uncomfortable emotions do you experience most frequently?** *Example: anxiety, anger, sadness*

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**2. How do you typically react when you feel these emotions? Do you try to numb, ignore or push them away?**

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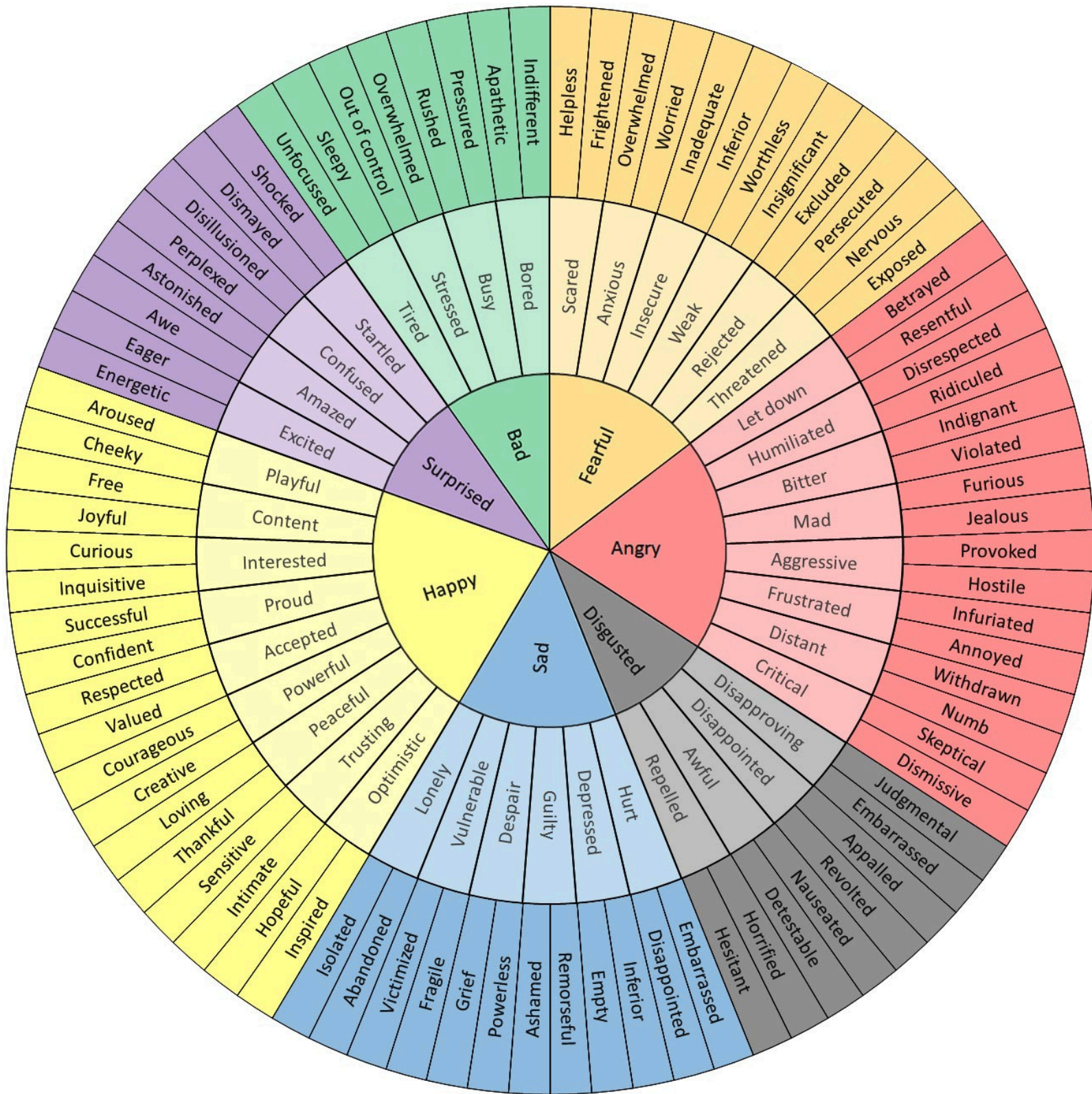
**3. What might these emotions be trying to tell you? What can you learn from them?**

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## FEELINGS WHEEL



## STEP #2 - CHANGE YOUR SELF-TALK

**1. Instead of labeling yourself as your emotions** (*Example: "I am an anxious person"*), **practice noticing the emotion without identifying with it. Fill in the blanks:**

- "I'm noticing I'm feeling \_\_\_\_\_."
- "It's understandable I would feel \_\_\_\_\_ in this situation because \_\_\_\_\_."

**2. What emotion do you often identify yourself with?**

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**3. How can you reframe it to notice the emotion without identifying with it?**

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## STEP #3 - GET CURIOUS ABOUT EMOTIONS

***The next time you experience an uncomfortable emotion, ask yourself:***

**1. Why might it be perfectly normal to feel this way right now?**

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**2. What other emotions am I feeling simultaneously?**

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**3. What would I tell the person I love most about having this emotion if I wanted to be careful not to invalidate their emotions?**

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# STEP #4 - ALLOW DISCOMFORT

**How do we expand our capacity for discomfort?**

- 1. Allow or Acknowledge the emotion**
- 2. Get Curious - Ask questions, talk about it, write about it**
- 3. Expect & Accept that it's part of growth**
- 4. Move Through It or Take It With You**

**1. What can you do today to practice feeling discomfort and supporting yourself through it?**

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**Quote:** “Discomfort is the price of admission to a meaningful life.” - Dr. Susan David

**2. Is it worth it to have the life you want? Are you willing to expand your capacity for discomfort in order to continue to grow?**

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# NOTES

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.