" "USING 'IF … THEN …" STATEMENTS FOR SUCCESSFUL COGNITIVE-BEHAVIORAL CHANGES FOR ADULT ADHD"

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When I was a UMass undergraduate, my favorite course was "Computer Programming". On crutches that winter for an intra-mural touch football injury, I happily hobbled my way to the Engineering computer lab across campus to leave my key-punch cards -- with "Do loops". "Go To statements" and "If …,then …" Commands -- for the grad students to run.

Last week, I read in Psychology Today that the UMass programming tool also works on our brain's computer. Using "IF …., THEN …" statements, we are better able to take out the selective thinking and the excuse-making out of our loop. My list of "IF…. THEN…." changes includes:

1. IF it is time at arise, THEN I will do my 10 minutes of Mindfulness Meditation and 10 minutes of exercises [to maintain the success of my 2010 total hip replacement surgery.]

2. IF I am taking my morning medication and vitamins, THEN I will take them with 12 ounces of cold water [to begin to hydrate myself and to get my metabolism going to warm up the H2O.]

3. IF my wife, Linda, goes to the gym, THEN I will spend an hour on the workout equipment in our basement [instead of my watching another sports show or playing another computer game.]

4. IF it is time for a meal, THEN I will drink a glass of cold water first [continuing hydration, assisting digestion, and reducing my volume of calories by feeling satiated sooner.]

Perhaps you will join me in using this real brain-tool to 'DO' changes you've procrastinated or have been unable to follow through consistently? IF we use these tools, THEN 2017 will be an even better year for ourselves and our families!.