

# I Get Distracted



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# **“I GET DISTRACTED”**

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e-Book 2016 International Psychotherapy Institute

From *Achieving Success with ADHD: Secrets from an Afflicted Professor of Medicine* by David B. Sachar

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## “I GET DISTRACTED”

There is a reason they call this thing “attention deficit.” It means we too easily get distracted. Solving this problem requires a fair amount of conscious effort.

### Simple Rule #1:

*Remember who’s in charge here.*

Unless you have just been recalled to active military duty, you are in complete charge of what you choose to do or not do at any given moment. So you’re the boss; you set the program and you decide whether or not to stick with it.

### Simple Rule #2:

*Stick with the program.*

Nobody is holding a gun to your head to make you abandon your self-prescribed program and go off to do something else. If the temptation arises—and of course it will—exert your exclusive authority and say to yourself (out loud if necessary, assuming no one is listening), “I’m in charge here and I order me to stick with my program.”

### Simple Rule #3:

*Cognition rules.*

When you are tempted to wander off course, recognize that it is the siren song of ADHD coaxing you away. It is impulse that is trying to lure you off track, not reason. Sure, you can always make up a reason that you really need to make a phone call, read the newspaper, check your e-mail, or look in the refrigerator instead of finishing your report due tomorrow. But the rationalization is usually spurious.

Tell yourself, “Impulse be damned; cognition rules!”

