



Executive Dysfunction & Hobbies

Presented by The Neurocuriosity Club



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pretty shitty how baseline human activities like singing, dancing and making art got turned into skills instead of being seen as behaviors

so now it's like 'the point of doing them is to get good at them' and not 'this is a thing humans do, the way birds sing and bees make hives'.



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I know I've posted this before, but it bears repeating.

This is a thing humans do; you don't have to be good at it to enjoy it.



kedreeva [Follow](#)

I'm adding writing specifically because humans have been telling stories since we invented language, and our love of it should not be taken away from us by the invention of money.

319,230 notes



Hi! I'm Megan!

auDHD life coach for the
neurocurious



Autistic



ADHD- Combined type



Aaaaalllll the executive dysfunction



Our Talk Today

Common Hobby Struggles
Why Your Brain Does This To
You
Finding Special
Interests/Hyperfixations
Talking About Your Interests
Creating Flexible Structure
Consistency
The Get Sh*t Done Program



Topics We'll Cover

What is executive dysfunction?

Executive dysfunction is an umbrella term for a range of struggles related to task initiation, working memory, self-regulation, and more.



Executive dysfunction makes us forget what we wanted to do, makes it feel almost painful to sit down and concentrate, makes it impossible to organize everything we have to do.

Let's talk about how to cope.

EXECUTIVE
DYSFUNCTION CAN
FEEL
INSURMOUNTABLE,
BUT THERE REALLY
ARE WAYS AROUND IT.

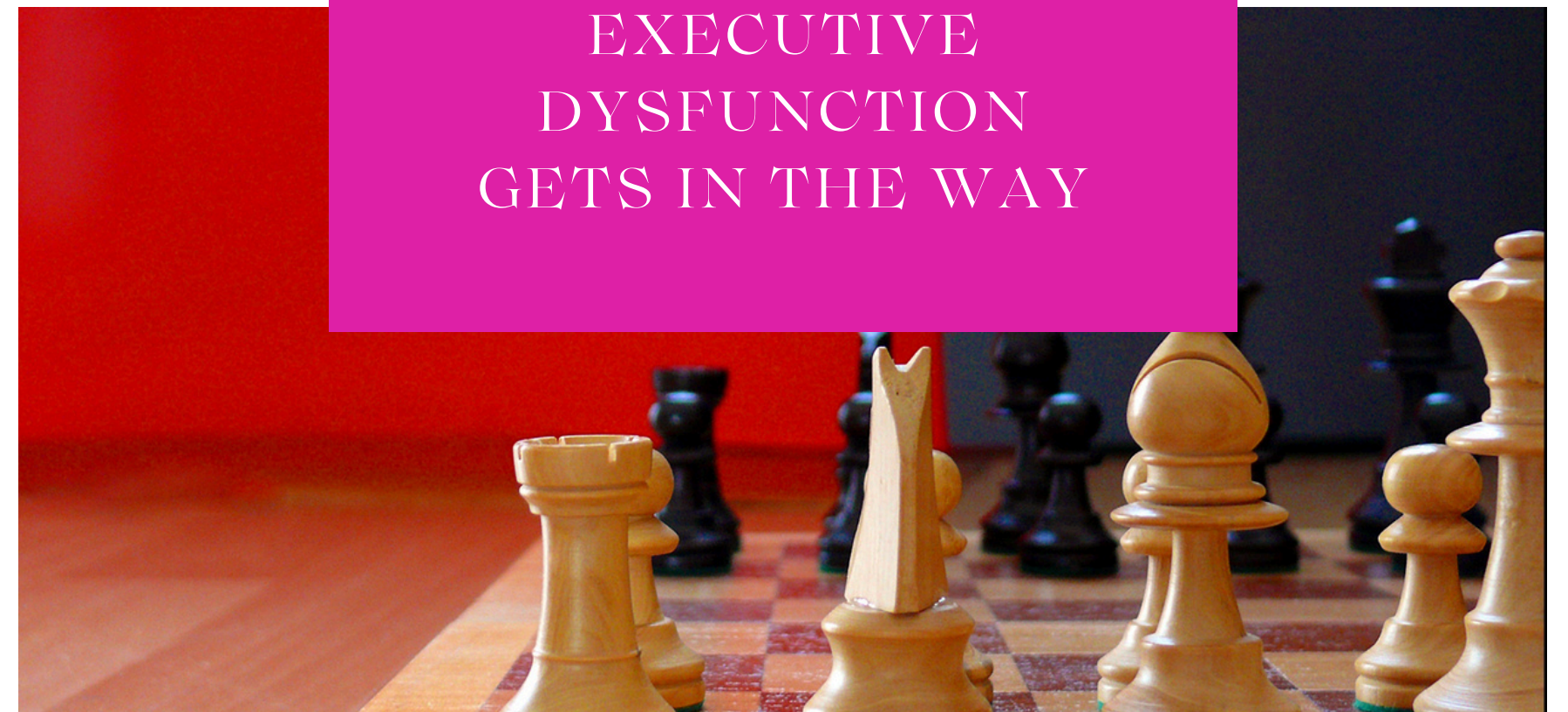


To get the most out of this training, you have to be willing to be your full self.

Many neurodivergent people learn to hide who they truly are, hide their true interests or the degree to which they're interested in things. Well, no more.



HOBBIES ARE
SUPPOSED TO BE
FUN, BUT THAT'S
HARD WHEN
EXECUTIVE
DYSFUNCTION
GETS IN THE WAY





It is possible for
things to get
better.

AND I'M GONNA SHOW YOU HOW.



SPECIAL INTERESTS & HYPERFIXATIONS

Stop fighting your natural instincts to fall in love with things.



TALK ABOUT YOUR INTERESTS

Talking about your hobbies makes you want to do them more.



FLEXIBLE STRUCTURE

Create a plan that has plenty of wiggle room.

A photograph of a person's hands holding a large ball of grey wool yarn. The background is a light-colored wooden surface. A red fabric is visible in the upper left corner.

WE'RE
GOING TO
TALK
ABOUT
THESE
THREE
METHODS:

Special Interests & Hyperfixations

ALLOW YOURSELF TO FALL IN LOVE WITH
YOUR INTERESTS

Special interests and hyperfixations are a natural part of neurodivergence. Stop fighting it.

ALLOW HOBBIES TO COME AND GO

It's okay for a hobby to totally define you for a while, and then disappear. Think of this as natural instead of embarrassing.

EMBRACE YOUR INTEREST-BASED
NERVOUS SYSTEM

Your nervous system lights up based on your interests, and that's okay.



Why Leaning Into Your Special Interests & Hyperfixations Works

It takes away the pressure of
being someone you're not.

Being as authentically yourself as
possible eases executive dysfunction
because it takes away a barrier.



Talking About Your Interests

FIND SOMEONE WHO LOVES YOUR INFODUMPS

Infodumping is a form of neurodivergent communication, embrace it.

TALKING ABOUT YOUR INTERESTS WILL
HELP YOU ENGAGE WITH THEM MORE
OFTEN.

The more you talk about something, the more likely you
are to engage with it more often.

Why Talking About Your Interests Works

THIS MAKES YOUR INTERESTS A
FUNDAMENTAL PART OF YOUR
DAY, WHETHER YOU ENGAGE IN
THEM OR NOT.

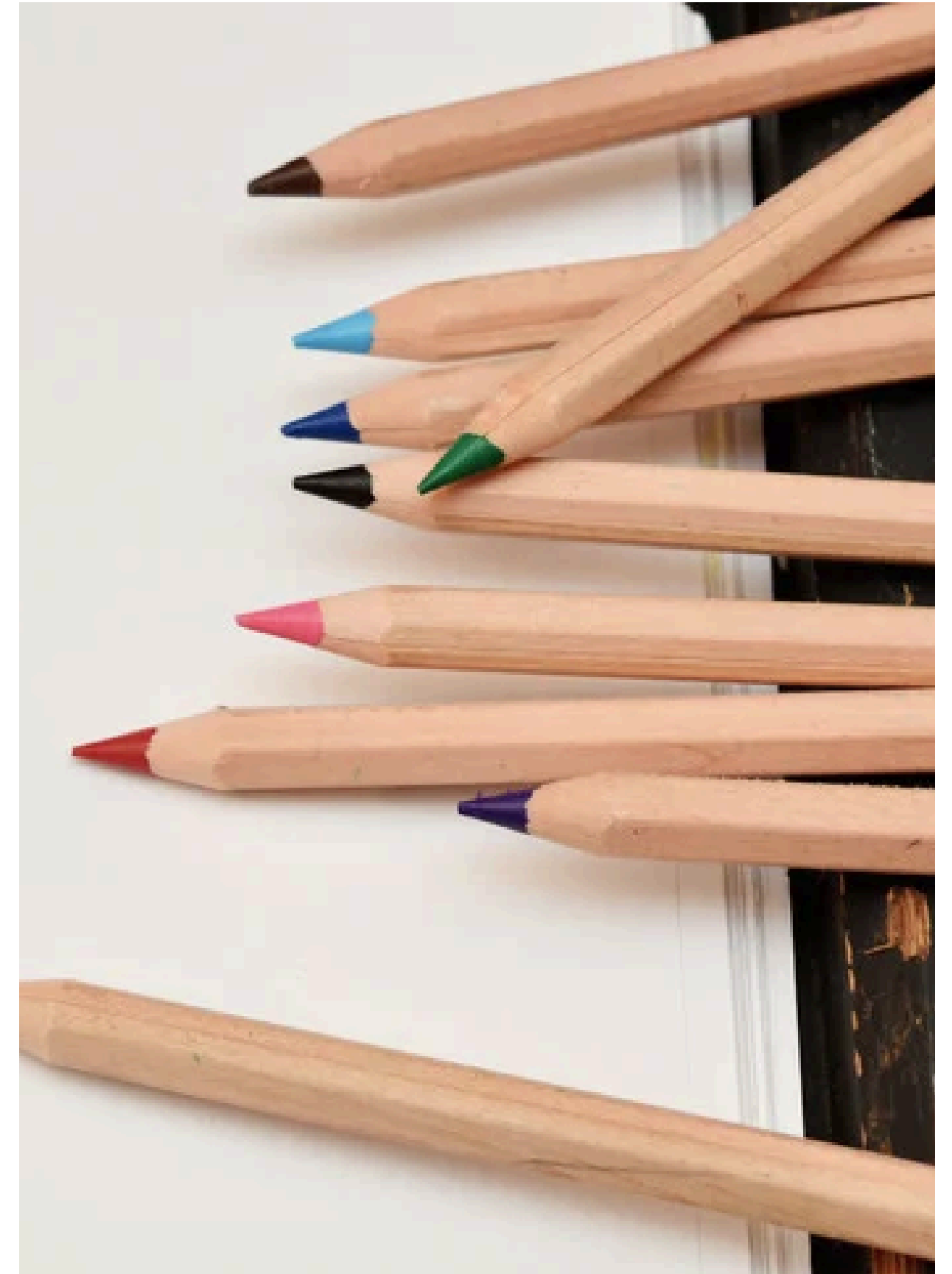


A top-down view of a wooden cutting board on a dark tiled surface. On the board are several fresh ingredients: a halved avocado with the pit, a cluster of colorful cherry tomatoes (red, yellow, and orange), two white eggs, three mushrooms, a bunch of fresh spinach, a bunch of arugula, and a bunch of green onions. A large kitchen knife with a black handle and a silver blade lies on the board. A small dark bowl is also visible. A yellow rectangular box is overlaid on the right side of the image, containing the text 'Flexible Structure' in a black serif font.

Flexible Structure

Set up a structure that has flexibility built in.

Instead of defining a strict schedule that defines when and how you're going to engage in your hobby, create a loose schedule with plenty of wiggle room.





What This Looks Like

Decide you'll engage in your hobby a certain number of times a month. Decide you'll engage in your hobby every day, but in different ways. Get creative with how you can have both structure and flexibility.

Don't Beat Yourself Up

If you "mess up" on your loose structure, if you "fail," you need to reframe how you think of this. Instead, see it as taking a break. See it as prioritizing other things. See it as a neutral experience.





How to Be Consistent

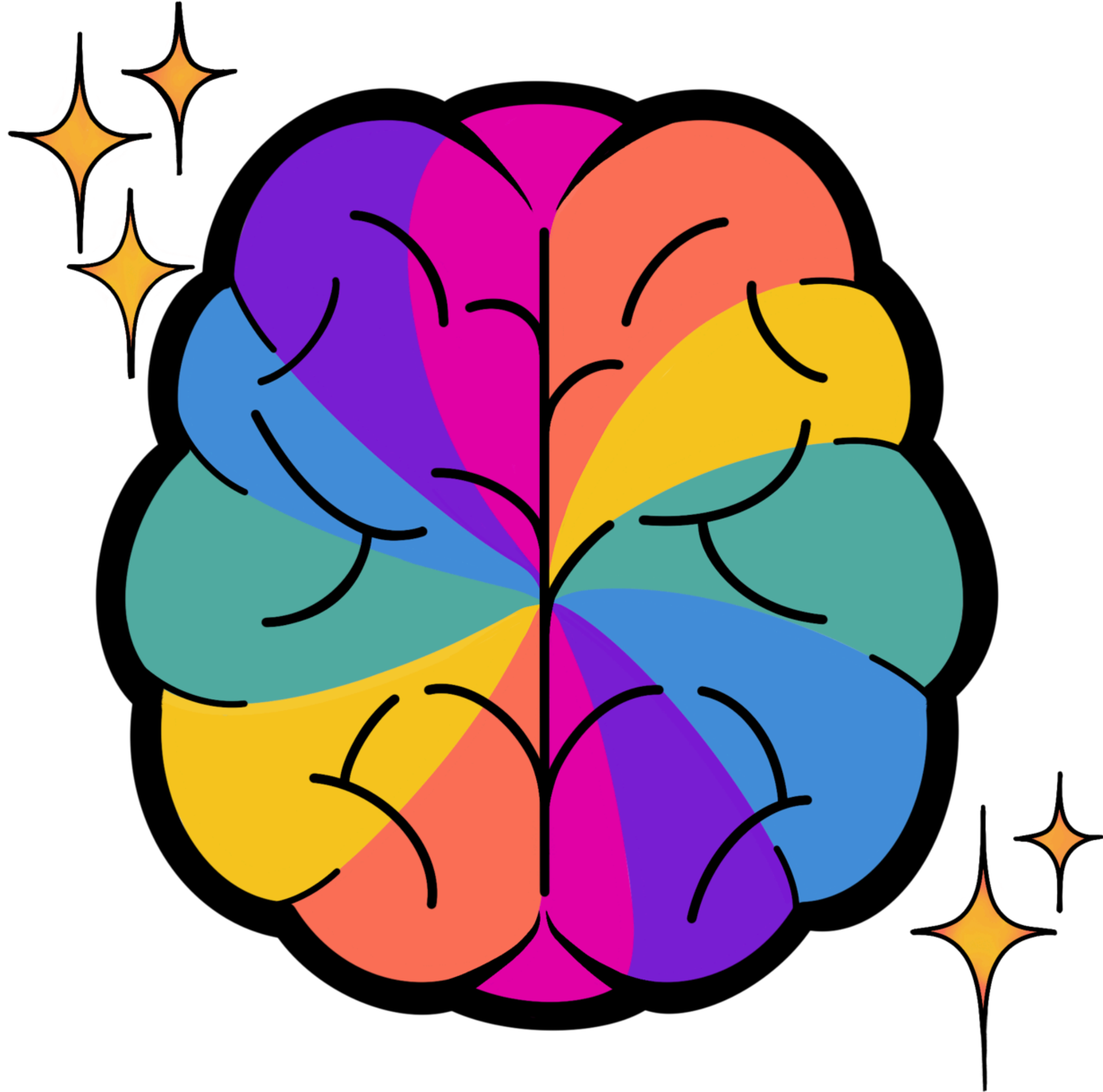
FOLLOW THE INTERESTS

You'll be more consistent if you follow your interests instead of trying to stay interested in just one thing.

SELF-COMPASSION

Learning to love yourself increases the ways you can love other things as well. You come first, and everything else pours from that self-love. If self-love feels impossible, start with self-acceptance.

**Need some
additional
help with
executive
dysfunction?**





STOP BEATING YOURSELF UP

If it worked, it would've worked by now. Let's do something more effective.



WORK WITH YOUR BRAIN

Stop trying to be neurotypical. You're not, and that's okay.



FIND COMMUNITY

Enjoy getting to know people who just...get you.

GET SH*T DONE





What Do You Get?

WEEKLY GROUP COACHING CALLS

Mondays 8pm Eastern

6-months access starting June 30th

WEEKLY SKILLS CALLS

Thursdays 8pm Eastern

6-months access starting July 3rd (with monthly themes!)


DISCORD COMMUNITY

Chat with the other members of the program in our private
Discord server

BONUSES

Autism & ADHD Discovery Binders

Executive Dysfunction course (whole additional course!)



plus...

...if you join on or before
June 23rd, you'll get a
totally free 1:1 call with me!
(value: \$200)

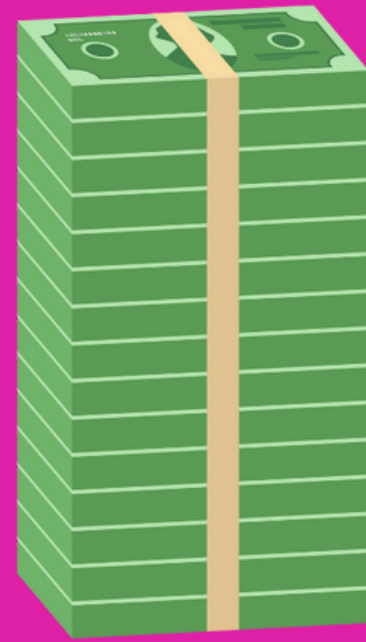


so you get:

- weekly group coaching calls (and replays)
- weekly skills calls (and replays)
- Discord community
- regular bonuses
- limited time bonus call

Price:
\$697

Payment plans available,
3 monthly payments of \$232 each
6 monthly payments of \$117 each



\$697

But if you attend just half of the calls, and don't even check out the replays, that comes out to just...

Cost per call:

\$27



Join now:



Scan the QR code with your phone, or visit
<https://theneurocuriosityclub.com/gsd/>

And the prize for
today is:

Let's pick a winner
with the picker
wheel!



HALF OFF the Get
Sh*t Done Program,
July-December
round!



Thank you!

**Thank you so
much for
watching this
training.**

I hope to see you inside the Get Sh*t Done program!