

Who Drives Your Bus?

A SELF-TEST



Who takes the wheel
when your BRAIN
seems to have a mind of its own?

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thrivewith**ADD**

Who is in charge of your brain?

When you're someone with the traits of ADD / ADHD, it can feel like your brain has a mind of its own. You may have the best of intentions to get things done, but somehow, time after time, things don't work out as you planned.

Think of your brain as a private bus...

The bus is full of different types of characters riding it.

At any time, one or another of these characters may decide to take charge and grab the wheel. Whomever is driving the bus is driving your thoughts and actions at that moment.

Some of these characters are more dominant, and tend to take the wheel often.

The characters who dominate YOUR bus are unique to you, and could be different from those who most often drive other people's buses.

WHY THIS MATTERS

With traits of ADD / ADHD, you need strategies not only for WHAT to do – but HOW to get yourself to do it. That usually means knowing how to keep your dysfunctional characters from driving you into a ditch.

It's very important to be intimately acquainted with your dominant drivers so you can anticipate when they're likely to take the wheel.

The goal is for YOU to be in charge of deciding who should drive the bus, so that you empower the right driver for the situation.

In order to reach that kind of SELF-MASTERY, you need to first understand whom you're dealing with.

How to determine your drivers

There are 6 situational examples that follow.

In each one, imagine yourself in the situation, and read all the possible responses. Then circle the letter of the 1 to 3 responses that feel *most* like you.

- It's fine if you just choose one or two that feel more like you than any others.
- Don't pick more than three, or you won't get a sense of your most dominant drivers.

Don't read ahead, or you won't get your most valid response.

After you've gone through the 6 examples, you'll see the characters who correspond to the letters you've chosen.

Keep them in mind, because they are the ones most likely to take over your bus!

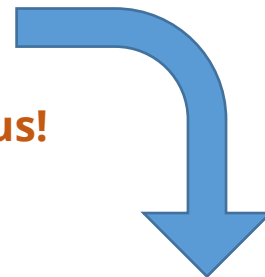
WHAT IT MEANS:

In the [Productivity Pathfinder training program](#), Bonnie Mincu shows you how these characters interact with each other within your brain, and what to do about it.

- For example, you and another person may have the same dominant characters, but the way one sets off another can lead you to have a uniquely different result.

The more you learn how to create strategies that are just right for YOU, the better you'll be able to keep your more unruly characters in their seats!

Now go ahead
and find out
who's driving your bus!



#1 – DRIVE to PARTY

You were invited to attend a surprise birthday party for an old friend in another city. The location is a restaurant, a 2-hour drive away. You've never driven there before. All guests must be there by 6:00 for the surprise.

s	You look up the address online, print out directions, and leave 30 minutes extra, just in case.
i	You lose 10 minutes getting gas since you didn't bother to fill up yesterday; then you get a speeding ticket.
h	Roadwork required a reroute. It's almost 6:00 and you are all turned around and lost. No one answers when you phone. You pull over and feel like crying.
o	You need to ask directions, but feel overwhelmed and flustered when two people give you two different routes. You have to pull over to get your head focused.
w	You get a late start since you waited until the last minute to wrap the present, and put off starting the long tedious drive.
c	All the way there, you second-guess whether you should have spent so much on the present....
d	You get a very late start because you couldn't find the invitation.
e	You felt depressed realizing how much older you're all getting. You were tempted to not go, since last time you saw those people, you were 20 pounds lighter.

Your responses are most like: _____
(Pick no more than 3)

#2 - TAXES

It's a week away from the deadline date for filing your annual tax return.

c	You are disgusted with yourself for not starting work on the taxes earlier, feeling you deserve those late nights you will now have to spend on them.
h	Your partner has always handled the taxes. To have to suddenly deal with things like this would be terrifying.
i	You have no patience for dealing with taxes. Your accountant lets you dump all your paperwork into a shoebox and leave it with him.
d	You tried to start the taxes a month ago, but had to spend so long looking for all the receipts and statements that you gave up.
e	You've been avoiding calling your accountant because he seemed impatient with you last year for not having the right paperwork. If everyone else can do this right, so why can't you?
s	You don't have to think about it, since your taxes were mailed a month ago.
w	As always, you procrastinated on doing the taxes until the last minute. You resent having to spend time doing this super-boring task every year.
o	You've put off pulling tax information because it's so overwhelming. You don't know where to start, to pull statements from so many different websites.

Your responses are most like: _____
(Pick no more than 3)

#3 - PROFESSIONAL ASSOCIATION

You're on the Board of your professional association. Another Board member, Jack, has just sent out an email that sounded critical about how you managed a project.

w	You call up a sympathetic friend and rant about having to put up with obnoxious people on the Board.
e	Jack's criticism felt like a slap in the face, and ruined your whole day. You dread the thought of the next Board meeting, wondering what everyone is thinking about you.
h	You are shocked by the criticism and don't know what to do. You say nothing and hope no one else noticed Jack's email.
o	Reading this email overwhelms your brain with thoughts of defensiveness and rebuttal.
d	You feel Jack's criticism of your project wasn't fair, though the project got off to a shaky start when you sent out the wrong date in the announcement email.
i	You immediately shoot out an email to the Board responding to what Jack said and giving your side of the story.
s	You wonder if you're being too sensitive, and ask an unbiased person how they would interpret Jack's wording.
c	You ruminate over the nerve of Jack to criticize you, considering his own projects haven't turned out perfectly. You make some notes about his past mistakes... in case it comes up.

Your responses are most like: _____

(Pick no more than 3)

#4 – PERFORMANCE EVALUATION

You work for a large company that takes the annual performance review process very seriously. You must evaluate your OWN performance in a long form and submit it online by the end of the week.

o	You feel overwhelmed at having to fill out this thing when you're so busy.
s	You schedule a half hour in your calendar to make notes summarizing your projects and an hour to complete the self-appraisal form.
w	You're frustrated at this waste of your time, since you know the company is giving very small raises this year. You finally start it the night before it's due and give yourself all 4's (on a 5-pt scale).
h	You are intimidated by the form, afraid of doing it wrong. You have no idea how to evaluate yourself. You can't focus on your work, not knowing how long the Self-Evaluation will take.
c	You analyze how to rate yourself on each point. You don't want to seem over-cocky, but should give yourself credit where it's due. You spend a lot of time on the open-ended essay portion.
d	It takes a very long time to find all your project notes on what you did all year. It's hard to make sense of them, and some notes are missing.
e	It's wrenching to realize that your boss will be evaluating you, and very painful to judge yourself and see where you didn't improve from last year.
i	You grit your teeth and race through the form to submit it and get it over with as soon as possible. It gets kicked back to you because you missed several spots and forgot to fill in the essay portion.

Your responses are most like: _____
(Pick no more than 3)

#5 – THANKSGIVING at the IN-LAWS

You go every year to your in-laws for Thanksgiving dinner with their large family. Everyone brings a cooked dish, and yours never seems to be quite right. Every year someone makes a disparaging remark about your ancestry or profession. You're having a rough time at work and dread having to go.

c	You arm yourself with the latest political facts to wither the family's predictable arguments. It doesn't take much to make them look ignorant.
s	You look online for a very simple traditional recipe that takes little time or effort to cook, and vow to smile pleasantly no matter what is said.
e	You've been tense all week, dreading the dinner. Spending time with your spouse's family makes you feel like a worthless worm, upset and defensive.
w	You fight with your spouse about having to go and deliberately make sure you get there late.
o	The thought of an overdue work project is hanging over you; you have no room in your head to think of Thanksgiving.
d	You'd intended to bake Thanksgiving morning but found you didn't have the ingredients on hand. You end up having to buy a dessert on the way.
h	You spend extra time looking for a recipe that will impress the family and get very little sleep trying to balance cooking with finishing your work. You desperately wish you'd come down with a fever.
i	Instead of cooking, you buy a frozen sweet-potato casserole which you barely leave time to thaw.

Your responses are most like: _____
(Pick no more than 3)

#6 – TECHNICAL GLITCH

You're an entrepreneur and have just launched a new online course with a special "24-Hour Sale" price. As you watch the orders pour in, you start to receive frustrated emails from buyers in your Inbox. You discover that your e-commerce provider has double-charged at least 50 people.

e	You become distraught at the tone of some of the angry emails and shut down the shopping cart. You start to reply to each one with profound apology and tell them they will get the e-course free.
w	Your good mood is totally ruined and you can't deal with voiding the double-billing right now. You let the sale continue and pretend you didn't see the problem.
c	You shut down the shopping cart and write a scathing email to the e-commerce provider, detailing how much time and money their glitch will cost you.
h	You're frozen with horror at what's happened and feel completely helpless, at the mercy of technology. You stop the sale and can't think of what to do next.
i	You write a brief email explaining this glitch may occur for some people, and it will be rectified. You have it sent automatically to all past and future buyers, then tell Tech Support they'll have to void all the double-billing on their end.
o	Your brain shuts down as you see more and more complaint emails come in. You hit the button to stop the sale and go lie down, knowing you'll be able to deal with it better later.
s	You realize tech glitches sometimes happen. You draft an automatic email to go to all purchasers, promising to void any double-billing. You then call Tech Support to get the problem corrected.
d	You call Tech Support and get the double-billing problem solved for future orders. But you forget to deal with people who were already double-billed.

Total Up Your Responses

1. Take each column one at a time. Enter a check mark ✓ for each letter representing the response that you related to the most. *(Choose no more than 3 letters for each question.)*
2. Moving across each row, total the number of check marks you gave to each letter.
3. At the bottom, fill in the letters that had the most check marks.

Your Responses	Situational Examples						Total
	#1	#2	#3	#4	#5	#6	
c							
d							
e							
h							
i							
o							
s							
w							

These responses felt the most like you:

See which characters the letters represent

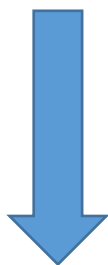


Meet Your Drivers!

s	Steady Eddy
w	Whiny Winnie
i	Impatient Iggy
o	Overwhelmed Oscar
h	Helpless Hannah
c	Critical Calvin
d	Disorganized Derek
e	Emotional Emma



**Scroll down
for a description
of each
character.**



STEADY EDDY

You think things through before diving in.

You do what is necessary to meet your goals.

You have consistent routines that help you maintain your home.

You have developed strong work habits and are on top of your projects.

You know when to ask for help, and have no problem doing so.

You make a plan and try to stick to it, but make adjustments when necessary.

Your work materials and information is organized and you know where to find things.

You write down all appointments, and anything else you need to remember, and enter it where you'll see it when you need it



WHINY WINNIE

You procrastinate or avoid doing things you don't feel like doing.

You hate boring chores and everyday tasks, and do them as seldom as possible.

You've run out of gas because you put off having to stop and fill the tank.

You've gotten late fees from not paying bills, even though you had the money.

You avoid dealing with people who aren't interesting.

Your home is cluttered because you hate putting things away.

Dishes pile up in the sink because washing them is such a bore.



IMPATIENT IGGY

You do things faster than most other people.

You can't stand to get places early and wait.

You've bought a lot of self-help books but they all say pretty much the same thing, so you don't get very far in them.

You hate directions or being told what to do.

It drives you crazy when you know what someone's going to say, or when you've heard it before.

You've tried to use strategies to help with ADD, but nothing's worked. Trying to change your habits only works for a little while.



OVERWHELMED OSCAR

Having to plan or make an uncomfortable decision makes you feel overwhelmed.

Too much information makes your brain shut down.

You find yourself screwing around on Facebook, surfing the web or doing something unimportant when you're confused about what steps to take next.

Your brain feels flooded when another responsibility is piled on your already-full plate.

Sometimes you just want everything to STOP.



HELPLESS HANNAH

When things are unclear or ambiguous, you find yourself paralyzed from moving forward.

You feel like a deer in the headlights when you have to come up with an answer on the spot.

Making a decision is very difficult without knowing all the information.

You worry about doing the wrong thing, or taking the wrong step.

When you don't know what to do first, you can't start.

You wish someone would just tell you what to do.



CRITICAL CALVIN

You don't want anything you work on to be seen unless it's perfect.

You're often late because you want to get your clothes or appearance exactly right.

It bugs you when you see something that's poorly written.

You can ruminate a lot over mistakes you've made, or when you've said the wrong thing.

You hate having to ask a question that shows what you don't know.

If things don't go well, either you or someone else is probably to blame.

You form opinions of people very quickly.



DISORGANIZED DEREK

You often can't start work when you want to because you can't find tools, papers, information.

You have several copies of the same thing because you didn't know you already had it.

You are often late because you're looking for your phone, keys or wallet.

It's common for you to have to go back for something you've forgotten.

You're not sure what stage different projects are in that you've started.

In school, you were caught by surprise at tests coming up or papers suddenly due.

You don't regularly keep track of appointments or social engagements in one place.



EMOTIONAL EMMA

You suffer agonies of embarrassment when you've committed a social error.

Negative feedback or criticism makes you feel awful all day.

When you've screwed up with someone, it makes you want to avoid them

When you're feeling very low OR very happy, it's almost impossible to focus on work.

Missing an appointment or forgetting someone's birthday makes you feel terribly ashamed.

If someone insults you, you don't feel right unless you can answer back at them with something scathing (at least in your mind!)

You can't bear to look at evidence of what you did wrong.



In Productivity Pathfinder, you'll learn lots more about your personal "bus drivers"
... how they affect your own thinking and behavior, and what to do about it.