

## **Know-How around ADHD**

### **Justin's Knowledge of Mr. Hyde/ADHD**

- Mr. Hyde gets weakened if Justin does some reading on his own, especially reading books he's really interested in.
- Mr. Hyde doesn't appreciate it when Justin puts everything down and gets rid of distractions like he did in the meeting with David yesterday.
- Mr. Hyde could get a little nervous if Justin pulls out the squeegee ball!
- Mr. Hyde gets insecure when Justin shuts him out. Alex (Justin's younger sister) had some ideas about shutting Mr. Hyde out, but Justin would have ideas also. Alex thought Justin could think of a good memory such as the hockey game in the back yard between Adrian, Alex and Justin (two brothers and sister). (NB: Mr. Hyde could get a little tricky here if he gets Justin to shut out everyone when Justin only wants to shut out Mr. Hyde. So Justin might be careful if Mr. Hyde uses this trick.)
- Mr. Hyde gets a lot of encouragement when he sees that Justin is tired or bored. So Justin might be on the lookout for any signs of Mr. Hyde when he is bored or tired so that it doesn't end up talking for Justin when he wants to talk for himself.
- Mr. Hyde is very persuasive.
- Mr. Hyde has been mucking things around in Justin's life recently. It does this especially when people do not want to listen to Justin's side of the story because Mr. Hyde has been talking for him and causing a fight. This does not suit Justin because he wants to put his side of the story at school and home.