

Integration

The Big Picture

Goal: Reflect on the outcomes of all sessions and integrate your inner world (values, beliefs and emotions), behaviours (private and public), culture (narratives and paradigms), and systems and structures into a cohesive vision for your life.

1. Revisiting Outcomes:

Review worksheets and insights from all previous sessions.

Reflect on:

- What are my core values?
- What I belief, is it empowering me or limiting me?
- What are my emotions signalling?
- How do I manage my emotions and show up authentically?
- Do I behave in alignment with who I am, or according to what is expected?
- Do I mask? If so, how much?
- Is the way I “feel” the world sometimes too much?
- What narratives, paradigms, and systems support or challenge me?

2. The Map:

You'll find the graphic on the next page, divided into the following basic sections:

Four Quadrants:

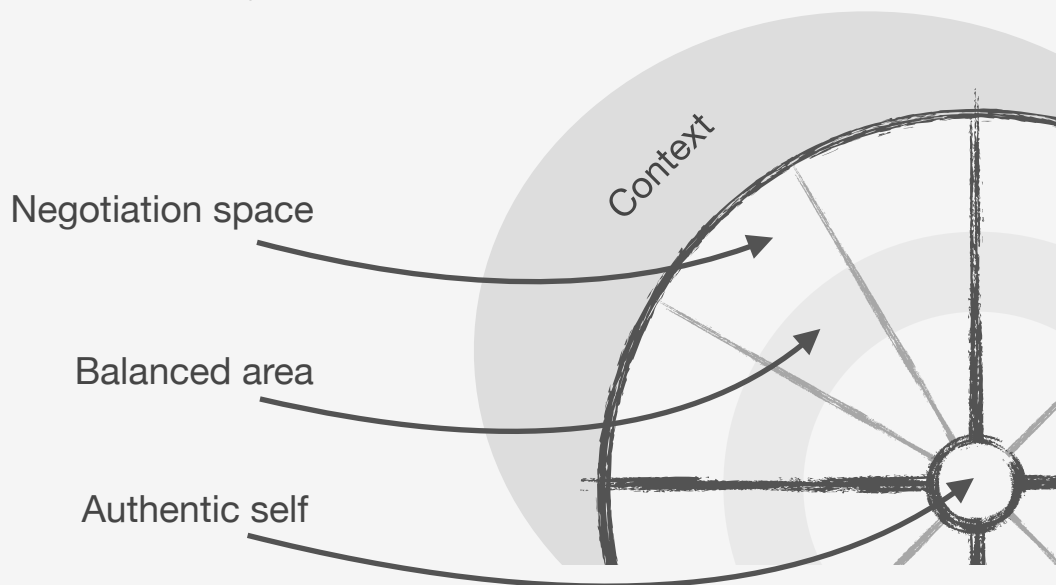
Inner World: Includes values, beliefs, and emotions.

Behaviours: Covers both public and private actions.

Culture: Divided into narratives and paradigms.

Systems and Structures: Represents external frameworks and institutions.

The logic behind this structure is as follows: imagine the **centre of the graphic** as the most authentic version of yourself, while the **outer space** represents the context you live in.



The space in between can be called the “**negotiation space**”, where your authentic energy and the energy of your context meet and “negotiate” how you experience the world.

Within this negotiation space lies a “**balanced area**”, representing an ideal equilibrium between your authentic self and your context. In this state, there’s little friction, allowing you to navigate life more comfortably.

3. How to Fill the Graphic:

The purpose of this graphic **is to visualise the results of your reflections** from the exercises in the previous sessions. Here's how to proceed:

- **Place dots** in the relevant sections of the graphic to represent your reflections.

Feel free to add sections to the graphic that reflect your unique reality.

- The position of each dot depends on the predominant energy. For example:

If your values are strongly influenced by the context, the context takes more of the negotiation space. In this case, place the dot closer to the centre.

- Once all **dots are placed, connect them** to form a shape.

4. Interpreting the Shape:

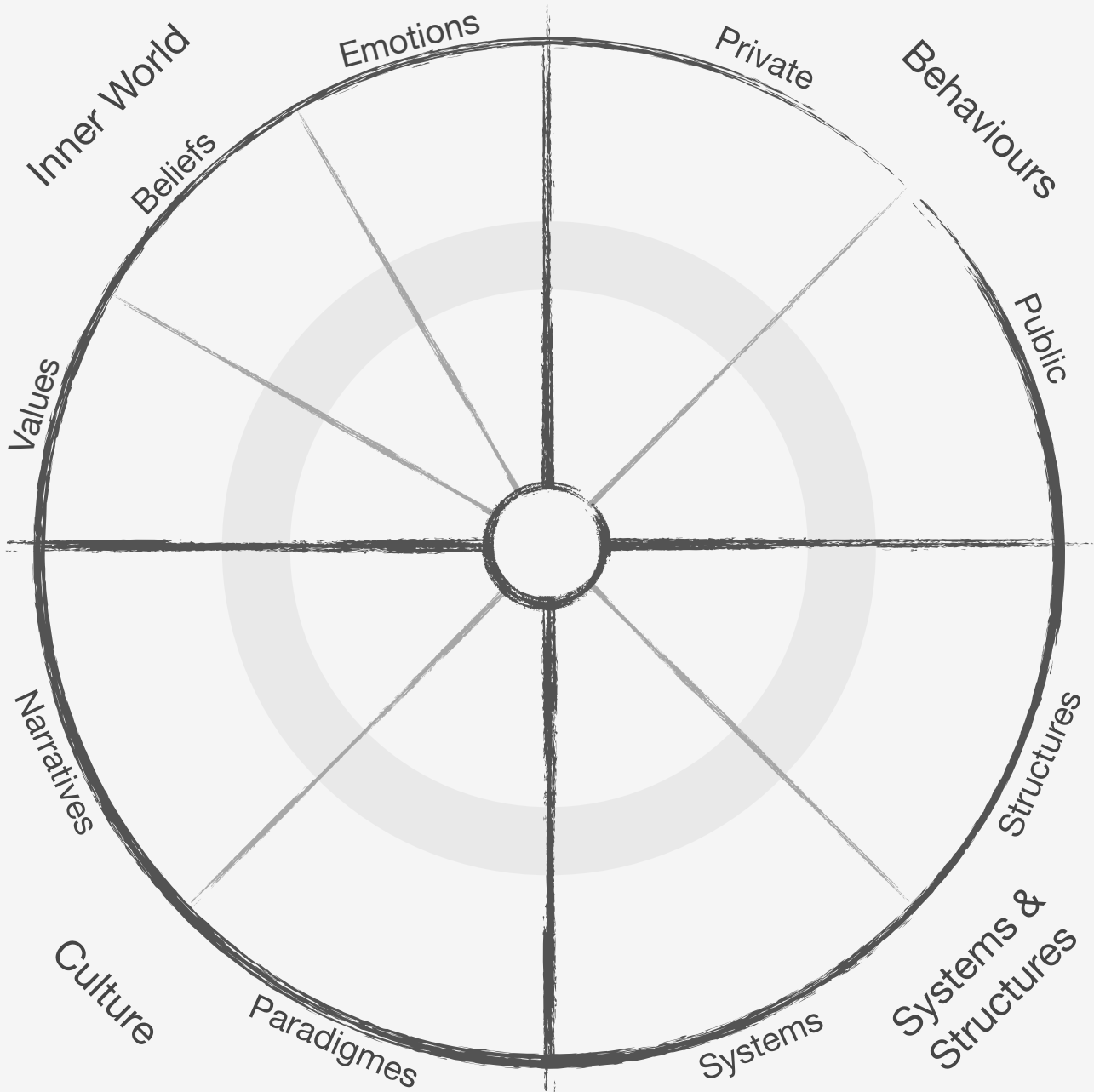
The closer the shape is to a circle, the **more balanced** your life is. The more irregular the shape, the **more friction** and disconnection it represents.

By examining the graphic, you can identify the areas that feel most challenging. **Reflect** on how these challenges are connected to other aspects of your life. **This insight can help you focus your efforts** on the areas most in need of attention, **paving the way for a more authentic transformation.**

5. How All This Relates to ADHD+:

As discussed throughout this course, **ADHD symptoms are deeply connected to how we live our lives.** Your context can either support or hinder you. To create a sustainable strategy for managing your symptoms, **this graphic serves as a powerful tool to identify and address areas in your life that need adjustment.** The goal is to reduce the impact of these challenges on your overall mental health and work toward greater balance and well-being.

6. The Map:



7. Future Self Narrative:

Write a narrative from the perspective of your future self living in alignment with your authentic ecosystem:

- What does your day-to-day life look like?
- How do you feel about yourself and your place in the world?
- What impact are you making on cultural narratives or systems?

8. Accountability and Celebration:

Identify one actionable step for each area of your ecosystem:

- Values, beliefs, emotions, behaviours, culture, and systems.

Share or reflect on what you're most proud of from this process.