



*Because I Love You*

Parent and Youth Support Groups

## **THE TOP ELEVEN ADD GAMES: (OFTEN USED BY CHILDREN, BUT NOT LIMITED TO THEM)**

Excerpt from "The Scoutmaster's Guide To ADD"

1. Raise my voice or start yelling. #1 in the book of tricks and distractions, you raise your voice you will probably lose this game, most of all remain calm.
2. The "Why" Game. This one can go on forever-bottom line is why doesn't matter, only what happened i.e.: did you do it or did you not? If not tell them step one is...
3. The comparison ritual "yesterday we did it like this", or "Joe did it like this, so that's how I have to do it".
4. This is OK generally lying, saying it was done, or didn't need to be done, any one of hundreds of available rationalizations.
5. You didn't say it exactly right, agreeing but not really agreeing-But you didn't say "WRITE" it in my book, you only said to do it, But you didn't ask me if there was a reading assignment, you only said to do my homework, (this can go on and waste time forever).
6. But so and so said this is what I needed to do. The local "free-floating" authority doesn't matter who it is anyone but you, this ties in with the "you didn't say it exactly right" way of thinking. Average people would call this another form of procrastination- some people would call it outright lying.
7. I can do it later. Of course you can do it later, but with ADD later means never, there is always more work and interesting things to do, the longer it goes from the time the task or project was assigned, the more difficult it is for the ADD affected individual to complete.
8. Change the subject no matter what we're talking about throw in some topic that is unrelated but act as if it's important.
9. I understand it better than you. This may or may not be true, usually you understand that something needs to be done, and done now, this is another form of procrastination.



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10. But I don't have my ...(whatever it is) You know this one, first check, they probably have it somewhere (hidden), second if they don't have something they need, they need to accept the consequence and compensate for it and get the job done.

11. "If this goes on long enough I know I can wear them down and they will give up and leave me alone" The most popular one of all! (I can hold out longer than them...)



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