

Paul, 35 years old, married, father of one son, artist & teacher

“It’s the old accountability story, -I need a spiritual director to keep me in line with my ADHD handicaps in mind. I just lost my grade sheets & finally found them under a pile of other stuff on the floor of my car. I was late again in turning them in. My department chairman knows I’m a good teacher but has had it with all the problems with my paperwork that he needs from me. My narcolepsy is made worse by the fact that I have no routine for sleep. Often my best painting time is from midnight to 4 a.m. I’m about to complete a portfolio for a show that I should have submitted 20 years ago! My procrastination and difficulty in making choices has prevented me from accomplishing so much in my field. I know that people in my life have often felt resentment because of my problems with punctuality and follow-through.”

Paul & I decided on the following goals in our work together:

- To create an “organizing central” system for correspondence & responsibilities that is checked regularly.
- To maintain materials such that they are easily transported & prioritized as to timeliness.
- To create a long-term calendar for teaching & administrative deadlines.
- To set up daily alarms on either/both cell phone & wristwatch.
- To include on that long-term calendar daily correspondence needs, such as a birthday, thank you, etc. in order to prioritize a 15-minute personal correspondence block of time daily.
- To continue to scrutinize & experiment with relationships between exercise, eating, outdoor time, & sleep & nap schedule in order to establish the optimal “body clock” to be able to live without or with a minimum of medication for either ADD or narcolepsy.

Paul forever inspires me with his spirit and generous heart. In our 12 months of working together, he has used his abilities:

- To experiment with both his cell phone & wristwatch for daily

alarms

- To organize daily schedules with realistic periods of time in order to reduce over-commitments and punctuality concerns
- To organize his weekly & monthly calendars with due dates indicated much in advance to provide ample preparation time
- To determine the types of folders, carrying bags, & brief case that best keep materials ready & in order
- To commit to a more regular routine of sleep, nutrition, & exercise.
- To reduce the amount of medication needed