
— NEURODIVERSITY · ADHD ARM · PRACTICAL HANDOUT

Recognise & reset

Two everyday tools for the moments capacity narrows — a way to see dysregulation early, and a way to step out of it in under a minute.

01 The Tunnel™ — how capacity narrows

Under pressure, the brain does something predictable. It stops investing in slow, deliberate thinking and shifts resources toward fast, defensive responding. It feels like the walls closing in — and for ADHD brains, it can happen faster and with less warning. Naming where you are is the first move back out.

01

Arousal rises

The body speeds up — heart, breath, a buzz of urgency or heat. Something in the system says "act now".

02

Focus tightens

Attention narrows to the threat. Perspective, options and other people drop out of view.

03

Action speeds up

You react rather than choose — the snapped reply, the abandoned task, the impulsive yes or no.

The skill is early recognition. Deep in the Tunnel, choice feels impossible. Caught early — at "arousal rises" rather than "action speeds up" — a reset takes seconds. Most people have a personal tell: a phrase they think, a tension somewhere in the body, a familiar tone in their own voice. Learn yours.

02 S.H.I.F.T.™ — the real-time reset

When you notice the Tunnel, S.H.I.F.T.™ is the way back. It is deliberately small — designed to work in a meeting, a kitchen, or a difficult conversation, without anyone knowing you are using it.

- 1 Stop.** Interrupt the automatic response. One deliberate pause is enough to reclaim a sliver of choice.
- 2 Hold.** Steady the body before deciding anything — a slow breath out, feet on the floor, shoulders down. Regulation is physical first.
- 3 Focus.** Name the one thing that actually matters right now. Not the ten things — the one.

4 Take action. Make the next deliberate move, however small. Action taken *from* steadiness is different from reaction taken *in* the Tunnel.

"I can't always stop the Tunnel starting. I can almost always shorten how long I stay in it."

TRY THIS WEEK

Pick **one** recurring moment you tend to go into the Tunnel — the inbox at 9am, the school run, a particular colleague. Just practise *noticing* it there. Recognition is most of the skill; the reset gets easier once you can see the doorway.

© Sarah Anticich Consulting · The Executive Frame™ — Neurodiversity · ADHD Arm.

Prepared as client and family psychoeducation material. General information, not individual clinical advice.