

SELF-MONITORING/SELF-REWARD PROGRAM

Adults who have been diagnosed with having an Attention Deficit Disorder (ADD) often have difficulty assuming daily responsibilities or completing tasks on a regular basis. Adults with ADD may fail to assume responsibilities or complete a task because they either forgot, became distracted, or actually began the task but switched to another activity. Likewise, they may procrastinate or “put off” doing a mundane, but necessary, task in favor of performing a more enjoyable or less stressful activity. Spouses, family members, and colleagues at work are likely to become irritated and frustrated with the ADD adult’s inability to complete tasks in a timely manner. The adult with ADD often becomes frustrated with himself/herself because of his/her failure to complete the activity. This assignment utilizes self-monitoring and self-reward techniques to help the ADD adult complete tasks on a regular basis.

1. Self-Monitoring Technique

One of the primary purposes of this assignment is to teach you a self-monitoring technique to increase your completion of everyday tasks that may not be as interesting or pleasurable as other tasks you perform on a regular basis. In this assignment, you are encouraged to set a realistic goal for yourself and perform at least one designated activity per day. The activity may be performed in the home, school, or work setting. Feel free to consult with your spouse, other family members, college roommates, or colleagues at work about tasks that they would like to see you complete. The task may be a one-time activity. You may also choose to perform one specific task over an extended period of time so that you get into a routine of performing that particular task. On the other hand, you may choose to complete a longer-term project that will need to be broken down into smaller steps and completed over the course of several days or even weeks. Record the specified task on the Self-Monitoring/Self-Reward Form to remind you to complete the identified task. Post the Self-Monitoring/Self-Reward Form in a highly visible place (e.g., refrigerator, desk) to remind you to complete the task.



The following is a suggested list of short-term activities that you may want to perform:

- Balance checkbook or develop filing system for finances
- Study for a specified time period each day
- Sweep the garage
- Clean dishes/mop the kitchen floor
- Plant flowers in the garden
- Call insurance agent(s) about rates for car or home insurance
- Clean and organize desk at work

Below is a suggested list of longer-term projects that may need to be broken down into smaller steps and performed over time:

- Paint bedroom (this may include cleaning walls, sanding, removing wallpaper, applying primer, and applying first and second coats of desired color)
- Organize kitchen or basement (this may include removing and throwing away unnecessary or unused items, sorting and organizing items into groups, and placing groups of items on different shelves in certain sections of the room)
- Build deck (if needed: contact friends or family members for help; purchase construction materials; remove old deck materials; build foundation or set frame; install deck boards, railings, steps; seal or paint deck)

2. Self-Reward

You are strongly encouraged to reward yourself for completing the particular task or steps in a longer-term project. The rewards will hopefully increase your motivation and help you to stay accountable. The rewards need not be expensive, but will hopefully reinforce your efforts for completing the task. Please identify the specific reward you will receive if you complete the task or step in the longer-term project. You may want to reward yourself with tokens that can be accumulated to purchase or receive a larger, more meaningful reward. For example, you may want to reward yourself by going to a favorite local restaurant if you perform a particular task over the course of 5–10 days. Again, feel free to consult with your spouse, family members, or colleagues at work to identify rewards that may motivate you to complete the task. Below is a list of potential rewards:

- Spend 30–60 minutes on the computer without interruption
- Spend one hour of free time without interruption
- Use tokens to purchase tickets for a sporting event
- Use tokens to purchase tickets for a movie or play at a local theater
- Go kayaking on the weekend
- Buy specialty coffee at a local coffee shop



- Go out for lunch one time per week at work
- Receive back rub or massage from spouse
- Purchase bouquet of flowers

Space is provided for you to sign the Self-Monitoring/Self-Reward Form. At the bottom, you have the option of allowing your spouse, another family member, friend, and even therapist to sign the Self-Monitoring/Self-Reward Form. Other signatures may increase your motivation to perform the task. Again, this is optional.

SELF-MONITORING/SELF-REWARD FORM

Date: _____ Time: _____

Setting: _____

1. My goal is to complete the following task on this day: _____

2. If I successfully perform or complete this task, then I will receive the following reward: ____

3. If I am using a token system to: (a) perform a daily task on a regular basis over an extended period of time, or (b) complete a longer-term project by breaking it down into smaller steps, then I will need to earn the following number of tokens ____ (number) to receive the following reward: _____

Signature of Client

Signature of Spouse/Significant Other

Signature of Family Member or Friend

Signature of Therapist