

ADHD: Exploring the exceptions and being solution focussed

When does the behaviour not occur?	
When has it happened less?	
What is the closest you have come to the way you would like things to be?	
What is different about the times when he/she is behaving appropriately?	
How did you get that to happen?	
What are you doing differently and what are the others doing that is different at those (exception) times?	
What's your theory about it/ how do you explain the differences?	
How could you get it to happen again?	