

The A.C.C.E.P.T. PROGRAM™

Activity Sheet: From the Old to the New Paradigm

From the A.C.C.E.P.T. Framework Mini-Course

In this table, list all the things you have been told that are wrong with you from the old paradigm in the column on the left. Then reframe them in the column on the right. When you're done, you may want to take some of the things in the new paradigm column and post them to the fridge as reminders or affirmations.

Example

Old Paradigm: Disorder	New Paradigm: Difference
ADHD - Lazy	ADHD brain requires different tools and stimuli to start and complete tasks and these are frequently not available

Old Paradigm: Disorder	New Paradigm: Difference

Important Disclaimer: Please note that none of the worksheets or articles on the wendymcguire.com and Scattergram websites are designed to diagnose or treat any medical or psychological condition. There is no substitute for one-on-one consultations with qualified healthcare practitioners. If any action is considered based on these quizzes and worksheets it should be merely to help you decide to take the necessary steps to contact your doctor or another healthcare practitioner in order to get an accurate diagnosis and/or treatment plan. [Visit the website here](#) ©