

Procrastination Station (as of March 2026)

Our Shared Space: Group Agreement for the ADHD Course

To ensure we all get the most out of this six-week journey together, and to foster a sense of shared responsibility, let's agree on some ways of being in this space - and add any you think are missing!

1. Confidentiality is Key: What's shared within the group stays within the group. Please respect the privacy of personal stories and experiences shared by others.
2. Listen Actively and Respectfully: Give your full attention when others are speaking, and try to understand their perspective without interrupting or judging. We're all here to learn and grow.
3. Share the Air: Be mindful of speaking time and allow space for everyone to contribute. If you tend to talk a lot, try to pause and invite others in. If you're quieter, feel encouraged to share your thoughts when you feel comfortable – and if you don't want to speak when asked, you can say "Pass".
4. "Step Up, Step Back": This is related to sharing the air. If you haven't spoken much, consider stepping up. If you've spoken a lot, consider stepping back to create space for others.
5. Focus on "I" Statements: When sharing your experiences or offering feedback, try to use "I" statements (e.g., "I found that helpful," or "I felt...") to own your perspective.
6. One Conversation at a Time: Let's try to keep the discussion focused so everyone can follow and participate effectively.
7. Respectful Disagreement: It's okay to have different opinions or experiences. Let's express these respectfully, focusing on the ideas rather than making it personal.
8. Be Present and Engaged: To the best of your ability, try to be present during our sessions. Minimizing distractions (like phone use unless specifically relevant to an exercise) helps us all stay focused.
9. Self-Compassion and Patience: We are all navigating the complexities of ADHD. Be kind and patient with yourself and others. Progress looks different for everyone.
10. Take Responsibility for Your Needs: Feel free to take breaks if needed (e.g., to move around or step out briefly), and communicate your needs to the facilitator if need be.
11. Celebrate Small Wins: Acknowledge and appreciate your own progress and the progress of others. We're all on a journey.
12. This is a Learning Space: There are no "right" or "wrong" answers when sharing your experiences. This is a safe space to explore and learn together.
13. Sobriety and Presence: To ensure a safe and respectful environment for everyone, please do not attend the sessions under the influence of alcohol or non-prescribed drugs.
14. Pitching In: Let's share responsibility for topping up hot water, refreshing cold water jugs, clearing away/recycling used stuff at end of session, even offering to make someone else a cup of tea if they arrive exhausted/stressed.
15. "Squirrel!" or "Rabbit-hole!" – we can call this out if some of us get carried away off-piste.
16. Anything else you recommend?

By agreeing to these ground rules, we can create a supportive, enriching, and collaborative environment for everyone in our workshops. Thank you for your cooperation!