

EXHIBIT 12.2. Try It! Fear and Insecurities Checklist

Fear	Challenge Statement
I'm afraid people will look down on me or think I am "crazy" if I seek treatment.	<i>Most people who undergo treatment for a mental health disorder are not seriously ill but, rather, simply need help working through some of the challenges life can present. In reality, those who are brave and self-assured enough to ask for help are far more well-adjusted than those who let their fear and insecurities keep them from reaching out.</i>
I'm afraid of letting go and telling someone all my deep dark secrets—I don't want them to think I am a bad person.	<i>True professionals do not judge their clients. In fact, a professional will most likely respect and appreciate your ability to be honest. Furthermore, no matter how terrible you think your secret is, chances are your treatment provider has heard much worse!</i>

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EXHIBIT 12.2. Try It! Fear and Insecurities Checklist (Continued)

Fear	Challenge Statement
I'm afraid that treatment will change me. I like some of my ADHD personality traits—they make me who I am.	<i>Specialists who work with clients with ADHD do so because they enjoy and appreciate the personality traits that often accompany the client, such as charisma, energy, enthusiasm, creativity, and easygoingness. Treatment for ADHD aims only to affect change on the symptoms that negatively impact your life, not those that you appreciate or consider a part of your personality.</i>
I'm afraid that seeking treatment means I am weak—shouldn't I be able to handle my own problems?	<i>It takes an incredibly strong person to ask for and accept help from others. Plus, sometimes it takes a fresh outside perspective to help you see things you cannot. Furthermore, most professionals who specialize in ADHD and mental health go to school for a very long time and work with people similar to you day in and day out, so they have gained a bit of extra knowledge and are eager to share.</i>
I'm afraid of what I might uncover during treatment—what if I'm worse than I thought?	<i>Chances are you won't and you aren't. However, anything you might uncover in treatment that you previously did not know about yourself can only help. Even if you did not know it on a conscious level, it was there somewhere, festering and affecting your life. Once issues are brought to the surface, they can be dealt with in a healthy, effective way.</i>

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Fear	Challenge Statement
Other Fear: 	Your challenge thought:
Other Fear: 	Your challenge thought:
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