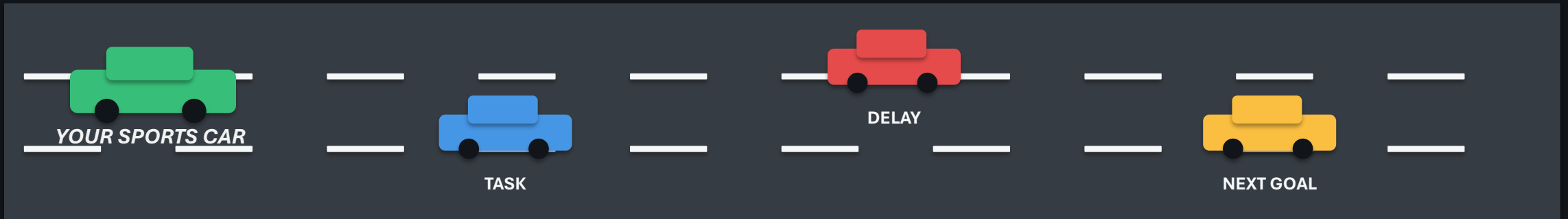


THE ADHD

MOTORWAY METHOD

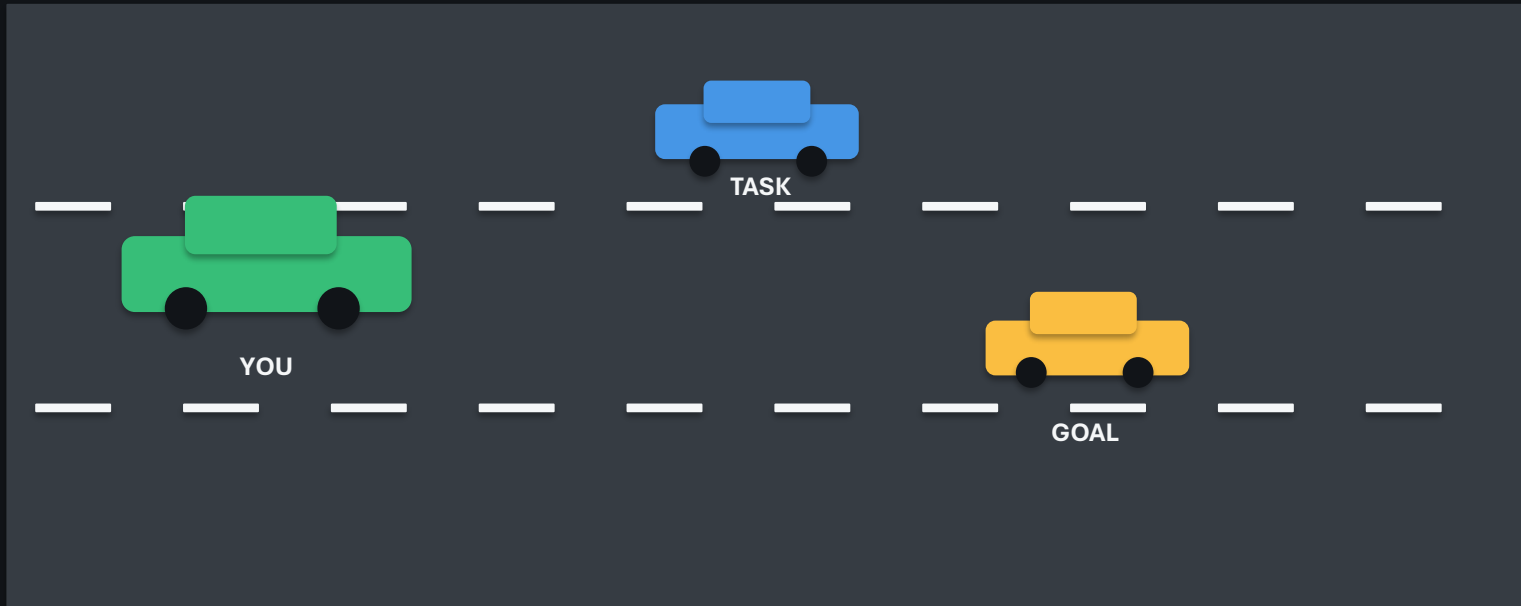
A visual way to explain focus, frustration, energy and the need to recharge.



ONE JOURNEY. MANY DISTRACTIONS. LIMITED FUEL.

1. Picture yourself as a sports car

In this method, the car represents you; the motorway represents everyday life.



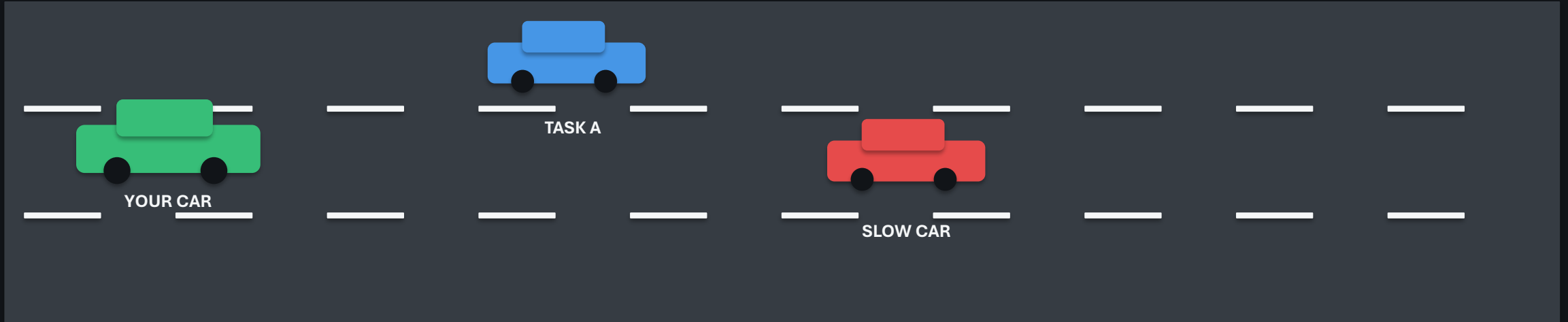
THE SYMBOLS

-  Sports car = your brain and drive
-  Fuel = energy and capacity
-  Other cars = tasks, objects and goals
-  Motorway = your day and its demands
-  Roadblocks = delays, interruptions and competing needs

The car wants to move. The road does not always let it.

2. You can see the task — but you can't move yet

You have a full tank, a clear goal and the urge to get going.



You want to overtake the task in front, but traffic blocks the move.

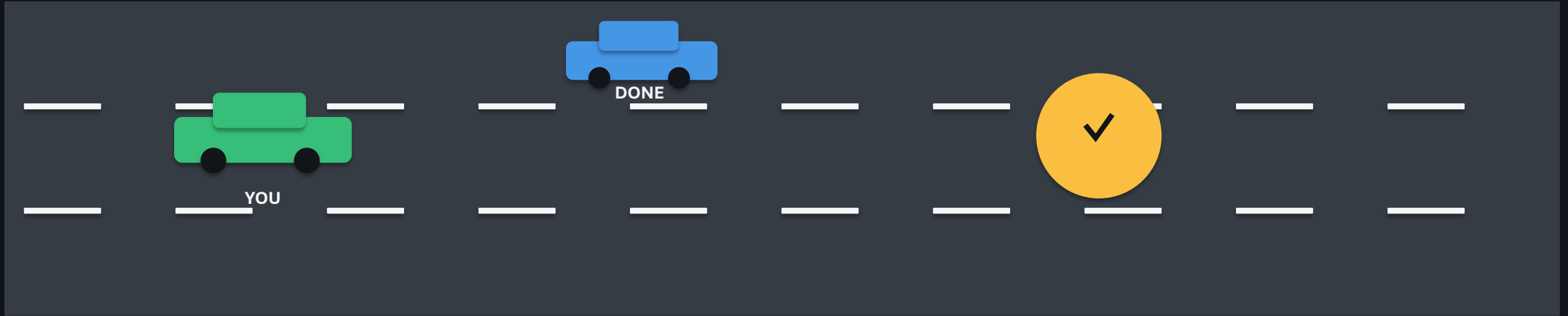
You wait...

Frustration builds

Energy is spent

3. Finally — you overtake!

The task is completed, and that can feel rewarding.



FUEL / ENERGY



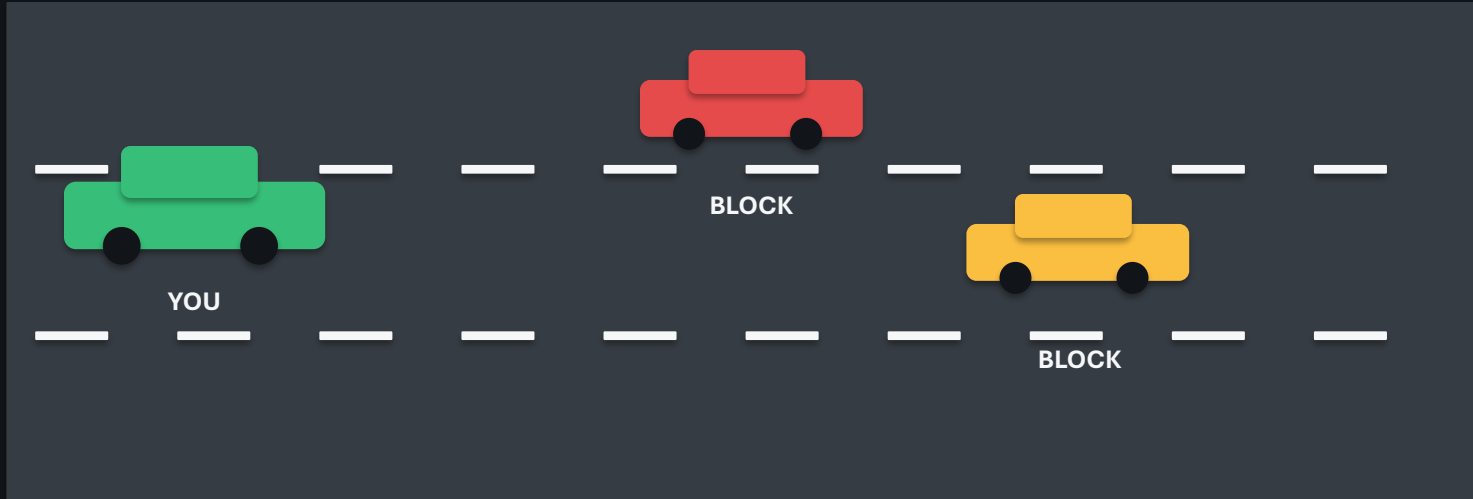
A win can create momentum.

But the waiting, effort and intense focus may have used energy too.

One task finished doesn't mean your tank is still full.

4. Then you remember: your passengers need you

Life doesn't pause just because you are locked onto a goal.



PASSENGERS = PEOPLE & NEEDS

Food or drink

Toilet or comfort break

Attention and connection

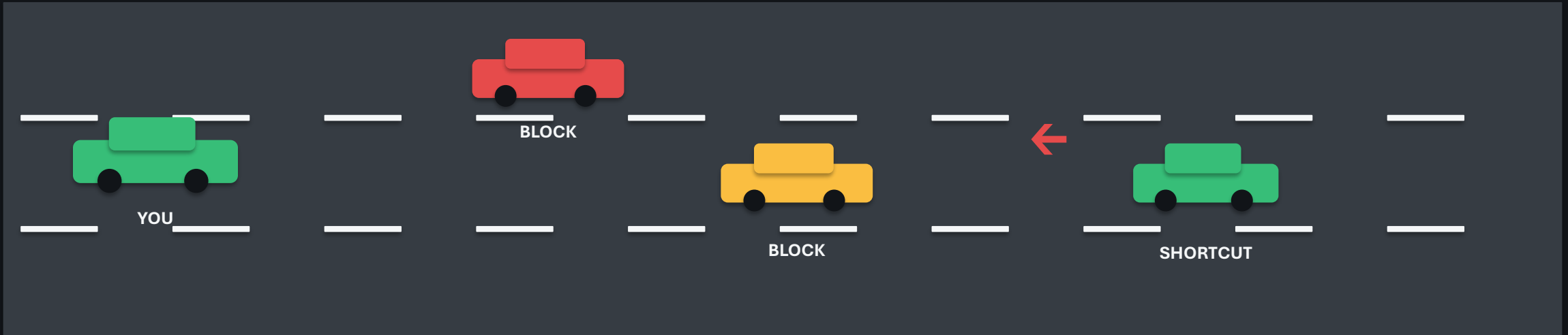
Rest, patience and flexibility

You're trying to reach the next stop, but two lanes are blocked.

The pressure rises: "I just need to get there."

5. Impatience takes the wheel

When frustration is high, you may take a shortcut you know isn't a good idea.

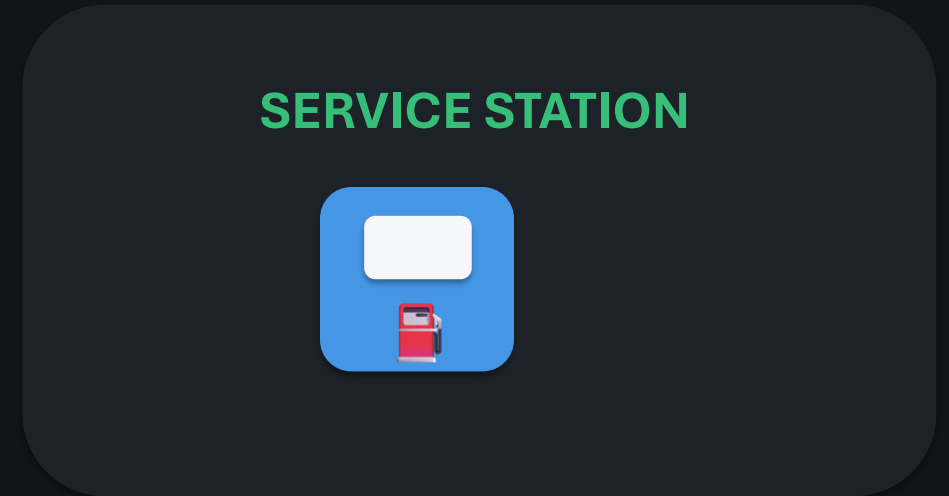


In real life, this can look like rushing, snapping, switching tasks, or pushing past your limits.

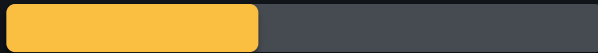
It may get you moving — but it can cost more fuel.

6. You reach the service station — running lower

You've made it, but the effort has a cost.



FUEL / ENERGY



The family gets a break. You get a moment to reset.

You may feel better — but not necessarily fully recharged.

Rest is not wasted time. It's part of the journey.

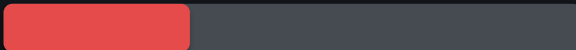
7. The reward makes you want to go again

Completing goals can feel brilliant — and the next goal starts calling.



The sense of achievement can pull you toward the next task before you notice your limits.

FUEL / ENERGY



Your energy may be dropping even while your motivation stays high.

8. The hardest decision: keep going or head home?

You want to finish the task — but your family and your own needs matter too.

THE PULL TO KEEP GOING

“I’m on a roll.”

“If I stop, I’ll lose momentum.”

“I need to finish this.”

THE NEED TO STOP

Family time and connection

Food, rest and personal space

A chance to recharge for tomorrow

Stopping can feel like losing momentum — even when stopping is exactly what you need.

9. Recharging is part of the method

The aim isn't to drive at full speed all day. It's to make the journey sustainable.

- 1 NOTICE** Check your fuel: body, mood, focus and patience.
- 2 PLAN STOPS** Put breaks, meals and family time on the route.
- 3 USE A SAT-NAV** Choose one next task; write down the rest.
- 4 PARK SAFELY** Pause before rushing, snapping or overcommitting.
- 5 RECHARGE** Rest without treating it as failure.

Small adjustments can help you protect your energy and the people riding with you.

The ADHD Motorway Method

A personal metaphor to help explain one possible experience of ADHD.

“I’m not choosing to be difficult. Sometimes I’m trying to move forward, but the road feels blocked — and the effort of waiting, switching and pushing through uses fuel too.”

The key message

Understanding the roadblocks matters. So does learning when to pause, refuel and bring your passengers along.

Note: This is a personal explanatory metaphor, not a clinical definition. ADHD experiences vary from person to person.

This is Explained to you from the founder of brotherhood in arms Kelvin Farmer who was diagnosed at 12 with ADHD and is trying to explain why it's a superpower with a curse .

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The Motorway Method is to help people understand ADHD better, developed by the Chairman of brotherhood in arms cic.

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The Motorway Method is a wellbeing framework and is not a substitute for professional mental health assessment, treatment or support.

Created in 2025.

