

MORE THAN  
PROCRASTINATION:  
*Strategies for Navigating  
Autistic Inertia & ADHD Paralysis*



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E-BOOK BY  
**JENNIFER KEMP**  
MPSYCH(CLINICAL)

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## “Why Can’t I Get Things Done?”

Being human is not about being any one particular way; it is about being as life creates you—with your own particular strengths and weaknesses, gifts and challenges, quirks, and oddities.

— Kristin Neff

If you have difficulty getting essential tasks done, you are not alone. Often much more than procrastination, getting stuck on everyday tasks is a very human problem, yet something that you may be particularly hard on yourself about. You might already have heard yourself saying things like:

“I just need to work harder and get more organised”

“I waste so much time”

“I’m so lazy”

“Everyone else can do this – why can’t I?”

Amongst neurodivergent people, having difficulty getting started and getting things done can take different forms depending on how your brain processes information. If you have attention deficit hyperactivity disorder (ADHD) you will tend to get stuck when your executive functioning is overwhelmed by the demands of the situation. ADHDers sometimes call this ‘*ADHD paralysis*,’ an experience where you are unable to get started, feel confused about how to organise and prioritise what needs to be done, and struggle to make decisions.

By contrast, Autistic people experience something called ‘*Autistic inertia*,’ an experience where as well as feeling overwhelmed by complex and competing tasks, it can feel a like you can’t make your body do what you want (Buckle, Leadbitter, Poliakoff, & Gowen, 2021). Autistic inertia can feel surreal, like you are completely disconnected from your body from minutes to hours at a time.

Together, these phenomena share many similarities, and given the extensive overlap between Autism and ADHD (and with so many people being both neurotypes), it can be difficult to tease apart the differences between Autistic inertia and ADHD paralysis. In this e-book we collectively describe these difficulties as *neurodivergent inertia* and explore solutions that you can use no matter how you get stuck.

## Do You Experience Neurodivergent Inertia?

If you struggle with neurodivergent inertia, you might have days when you feel productive and capable, and days or weeks where you feel unable to get much done at all. You might end up focusing all your energy on one task at the expense of any others because you cannot bring yourself to switch to something else. The scientific term ‘inertia’ seems to fit these experiences well. Originating from Sir Isaac Newton’s laws of physics, inertia describes how “an object at rest tends to stay at rest, and an object in motion tends to stay in motion.” Similarly, neurodivergent inertia applies to having difficulty starting things, as well as having difficulty stopping once you have started and switching between tasks (because switching involves stopping one task to start another). Neurodivergent inertia can interfere with your progress towards life goals and your ability to care for yourself and others. You end up feeling overwhelmed, confused, frustrated, and angry at yourself.

The following list describes some of the common experiences people have with neurodivergent inertia. Check any of these experiences that are familiar to you:

- Getting so lost in activities that you lose track of time
- Forgetting to eat, drink, or go to the toilet when you are completely absorbed in a task
- Being unable to continue doing something once you have been interrupted
- Not being able to continue when someone else is watching because you feel self-consciousness or hyper-aware of their presence
- Not being able to start because you cannot decide what to do first
- Skipping from one thought to the next being unable to focus on a task long enough to get started
- Getting stuck when there is an obstacle to getting a task done
- Not being able to continue because you need to make a decision first
- Feeling overwhelmed by tasks where there are multiple steps
- Feeling physically unable to move, like your brain wants to do something but your body refuses to cooperate
- Suddenly realising that you have been standing or sitting still for a long time
- Feeling like you have slowed down, or like everyone else has sped up
- Feeling disconnected from your body, in an almost dreamlike state

As you look through this list you might see familiar experiences that you did not realise were related to neurodivergent inertia. **It can be helpful to realise that struggling with inertia is not a personal failure unique to you** - it is a problem you share with many people. The exact causes of inertia are not clear, but inertia seems to be related to difficulties neurodivergent people experience across four areas:

1. Overloaded and under-resourced executive functioning affecting organisation, prioritisation, time-management, attention, working memory, task initiation, and task switching
2. Being immobilised by anxiety or fear, including fear of failure, mistakes, or making the wrong decision
3. Having difficulty physically moving as if you “can’t start your body” (Buckle, Leadbitter, Poliakoff, & Gowen, 2021)
4. Being in neurodivergent burnout, overwhelmed by sensory, social and emotional demands

More than one of these difficulties might be involved in your experience of inertia (Buckle, Leadbitter, Poliakoff, & Gowen, 2021) because each of these difficulties are related.

## **Overloaded and Under-Resourced Executive Functioning**

Getting things done requires skills in planning, prioritising, organising, task initiating, attention-switching, impulse-control, problem-solving, time management, and memory – often all at once. The collective name for these processes is *executive functioning* and together they support the organisation, management, and administration of everyday life. Many neurodivergent people have executive functioning that is under-resourced, meaning that everyday tasks take more focussed effort to complete, and making it easier to get lost somewhere in the process (Kiep & Spek, 2016). You may also find that your level of executive functioning varies unpredictably from day to day. One day you feel focused, energised, and can get things done but the next day you feel tired and overwhelmed very quickly.

Other aspects of neurodivergence can influence your executive functioning too. As a neurodivergent person you may be more sensitive to the internal and external sensory, social, and environmental cues than a non-neurodivergent person, leading your executive functioning to be more easily overwhelmed. This can also

happen when you prioritise one area of your life, such as your work, over other things. The tendency for neurodivergent people to have narrow and deep areas of focus is called *monotropism*. These interests might define your career or be fascinations you've had since childhood. Either way, you may become completely engrossed in these passions and have little ability to focus on other tasks, increasing the risk of inertia in other areas.

Neurodivergent inertia is also more likely to happen when a task has multiple steps or the pathway to completing it is unclear. This complexity and confusion can then form a hurdle that is difficult to overcome, and you can get tied up trying to work out how or when to do the task. You may not realise you are getting caught in these loops. For example, many people would consider 'doing the washing' to be one chore but really it is a series of separate tasks: putting the washing on, unloading it when finished, hanging it up, bringing it in, then sorting, folding, and finally, putting it away. Each of these requires separate task initiation. Returning repeatedly to these tasks involves task switching, task initiation, time management, planning, memory, and organisation – which is a large load on your executive functioning.

Complex, multi-step processes can emerge any time that one thing needs to be completed before another can be started. Imagine that you want to do the washing but there is a clean basket of clothes that needs to be put away first, but you cannot do this because your drawers are too full and messy. You then feel overwhelmed because now washing your clothes involves tidying your whole bedroom – and this is a job that feels much too big. It can be easy to get lost in this process and give up. No wonder your clean laundry probably ends up living in the washing basket or on the rack.

Neurodivergent inertia also seems to be worse for boring and mundane tasks. One theory for this is that these tasks do not generate dopamine, the feel-good neurotransmitter in your brain. The dopamine theory of ADHD (Volkow, Wang, Kollins, & al., 2009) may explain why you have less difficulty focusing your attention on things that align to your interests or are novel, challenging, and urgent and have more difficulty completing boring household chores. Smart phone apps, notifications, messages, and games also trigger small doses of dopamine to keep you engaged, which may be why it is so easy to get stuck doing these things at the expense of boring but essential tasks. Although the research regarding the involvement of dopamine remains inconclusive, most researchers agree that there are differences in the neurology of neurodivergent people that affects executive functioning. You therefore need strategies that accommodate these differences and work *with* your brain.

## Immobilised by Fear and Anxiety

When you are anxious, your executive functioning becomes preoccupied with worrying or managing inner emotional experiences, leaving little capacity to focus, pay attention to others, and make decisions. Anxiety-provoking patterns such as [perfectionism](#) can make inertia worse in several ways. Firstly, setting perfectionistic standards for yourself will make your goals too large and impossible to achieve. These '[perfect forever goals](#)' demand a level of performance that is unattainable. Goals such as "from today I will always/never \_\_\_\_\_" will demotivate you because they demand exceptionless performance that no-one could achieve. Simple goals like "I will get fitter by walking *every day*" are problematic because the first time you don't go for a walk you have failed.

Chasing impossible goals will make you feel like a failure and lead you to criticise yourself harshly and relentlessly. This uses up even more mental capacity and reduces your confidence over time. Avoiding failure through perfectionistic habits only makes your anxiety worse, contributing to a vicious cycle of overwhelm, avoidance, self-criticism, and greater anxiety. Letting go of unrealistic standards and using self-compassion to soften self-criticism are crucial aspects of addressing inertia.

## Unable to Move Your Body

The experience of being stuck in inertia can happen without warning and can keep you immobilised for several minutes to days at a time. Inside you might feel restless and agitated, yet outside your body just won't do what you want. Doing anything can feel difficult, let alone those boring household chores. If this happens to you quite often, it can be incredibly disruptive and frustrating (Buckle, Leadbitter, Poliakoff, & Gowen, 2021; Welch, Cameron, Fitch, & Polatajko, 2021).

Many neurodivergent people have differences in their ability to control their bodies and movement (proprioception and motor control). About 80% of autistic people have coordination difficulties (Buckle, Leadbitter, Poliakoff, & Gowen, 2021) leading to clumsiness, and low muscle tone is also common. Autistic people often use repetitive movement patterns to self-soothe (although many mask these in public) and ADHD is closely related to having tics and Tourette's Syndrome which feature strong urges to move in certain ways and involuntary movements. Selective mutism, the inability to produce speech in specific circumstances, is a common experience amongst neurodivergent people.

These difficulties in the ability of the brain to control the body may explain why inertia seems to happen more when you are in burnout, when you have even less energy available to control your body. Whatever strategies you use to address inertia, it is helpful to consider strategies to get your body moving as well as addressing burnout that could be making things worse.

### **Inertia is Worse in Burnout**

Neurodivergent inertia seems to get worse when you are in [burnout](#). Different to the experience of burnout many people get at work, burnout in neurodivergent people is an acute or chronic experience of complete sensory, social, emotional, and executive functioning overload that results in deep exhaustion, reduced ability to function and increased sensory sensitivity (Mantzalas, Richdale, Adikari, Lowe, & Dissanayake, 2022; Phung, Penner, Pirlot, & Welch, 2021). Symptoms include needing to withdraw from your usual interests, having difficulty talking (mutism), feeling overwhelmed by sensory stimuli such as noise or bright lights, worsening executive functioning and physical symptoms such as headaches and stomach aches (Raymaker, et al., 2020). Often a chronic problem for neurodivergent people, burnout is the result of having to manage these sensitivities while masking your neurodivergent differences and striving to meet unhelpful standards set by yourself and others.

Neurodivergent burnout can look a lot like depression, but you approach it very differently. While the treatment for depression is to gradually get people back to their everyday lives and enjoying the things they used to enjoy, to alleviate burnout you need to address the sensory, emotional, and executive functioning difficulties that are contributing to becoming overwhelmed. This includes changing your home, work, and study environment to better suit your needs, reducing masking wherever possible (Raymaker, et al., 2020) and making sure that you look after your health and get enough sleep.

If you are struggling with inertia, it is worthwhile asking yourself whether you are also in burnout, as you will need to address this first. Indeed, if you suspect that you might be in *burnout you must prioritise this over getting mundane tasks done*. Once you are starting to feel more adequately resourced and your energy levels are returning, you can work more actively on your difficulties with inertia.



## Overcoming Neurodivergent Inertia

Most neurodivergent people blame themselves for their difficulties with inertia, and as a result focus on using strategies such as “getting more organised” or “pushing through” to get things done. Many bully themselves into getting tasks done by berating themselves. These strategies might work in the short term, but they are usually not enough to solve the problem of inertia. To overcome inertia, you are likely to need a blend of external cues, simplifying or abandoning non-essential tasks, and getting help from other people. The physical causes of ‘stuckness’ can also be helped by integrating movement into your day. Medications offer significant opportunities to improve executive functioning, and building skills in self-compassion offers a pathway to a gentler, more accommodating approach to life.

### Make Tasks as Easy as Possible

In our society there are a lot of expectations about how things should be done and when, but when you look a little deeper at these expectations, they are quite arbitrary and usually based on what is easy for neurotypical people. Why must our clothes be neatly folded in drawers or hanging our wardrobes? Why can't we keep our clothes in the laundry, or in baskets of similar items? It is valid and acceptable to arrange your house and life to make things as easy as possible for you, regardless of what other people might say. It is also valid to stop doing things that aren't essential to your life.

Here are just a few suggestions about some of the conventions that you could challenge in your home and work to make things easier for yourself:

- ❑ Wear the same outfit each day. Take the lead from many successful people and reduce the number of decisions you need to make by choosing from a limited number of clothes each day, rotating between a narrow set of choices. Alternatively, always wear clothes in just one colour, and always with the same, comfortable shoes.
- ❑ Laundry is a drag – so do whatever works for you. Sort your laundry straight off the line into several baskets. Keep your clothes in these baskets throughout the week. Once they are worn, put them in a dirty clothes basket to wash, then repeat this process.

- ❑ Don't iron anything, ever. There are plenty of beautiful and comfortable clothes in fabrics that don't need ironing. The same goes for dry cleaning – you can usually avoid this for everything except formal wear.
- ❑ Simplify cooking. Cook one big meal and eat it progressively across the week. Buy vegetables already chopped, in frozen single serve packets, or in ready-to-cook kits. Eat the same thing each day.
- ❑ Avoid cooking altogether. Use a meal delivery service or ready-made meals from the supermarket.
- ❑ Do not bother filing email. Keep it all in one inbox and learn how to search keywords and email addresses to find what you need later. Use an app to store important emails like tax receipts – just forward the email to the app and it's sorted.

### **Simplify and Link Tasks Together**

The most helpful personal strategies are built upon simplifying tasks into smaller steps and creating structures that support getting them done without you needing to remember or initiate the task. It can help to link simple tasks together too, so that something you often forget is connected to something that you never forget.

Here are a few examples of how you can simplify daily tasks and link them together to make them more likely to happen:

- ❑ Make your tasks *much* smaller by defining sub-tasks. Then acknowledge your effort for completing each sub-task, not just for achieving the overall goal. For example, make your first goal to put on the washing, then set a reminder to go back and unload the washing as a separate.
- ❑ For complex and multi-step tasks, or tasks that you are not sure how to complete, separate working out *how to do the task* from *doing the task*, then attempt each separately.
- ❑ If you cannot decide where to start, create a forced choice for yourself by rolling a dice or asking a friend to decide for you.
- ❑ Group activities together, such as brushing your teeth while you are in the shower.

- ❑ Physically link things together so that the thing you often forget is with something you never forget, such as sitting your shopping list on top of your car keys or putting your meds inside your empty coffee cup.
- ❑ On a difficult day, focus on doing *just one small thing*. If you can do more, build from there. If you can't that is OK.

### **Use Hyperfocus to Create Momentum and Energy**

Once you can get moving on small tasks, it may become possible to link these tasks together and get them done all at once using hyperfocus. Hyperfocus is the ability to have highly focused attention, usually on tasks that are novel or interesting. Since “a body that is in motion tends to stay in motion,” you can use this to your advantage by *focusing intensely on a small group of tasks for a short period of time* (Davis, 2022). If the tasks are not particularly interesting, look for ways you can make them more interesting or more motivating.

Here are some strategies for you to try:

- ❑ Collect a group of similar tasks together and do them one after the other in a ten-minute surge of productivity, for example, open and sort all your mail at once, or make three phone calls one after the other.
- ❑ Group things together in a cluster to repeat every day, such as doing your ‘bedtime routine.’
- ❑ Pay it forward to Future You by getting things ready in advance when you can such as spending five minutes tidying up the kitchen at the end of each day, sorting your laundry into separate baskets straight off the line, or putting your clothes out for the next day before you go to bed.
- ❑ Gamify the tasks by trying to do them as quickly as you can, set yourself a target to beat, or race a friend.
- ❑ Give yourself a reward for getting these things done, such as time playing your favourite game.
- ❑ If you get on a roll, keep going as long as you can, remembering to eat, drink water and go to the toilet along the way. Make sure you stop before you burn out.

## Outsource Your Executive Functioning

Have you ever noticed how you can get stuck on the couch, unable to move, only to suddenly get going once your partner walks by, the phone rings, or an alarm goes off? This common pattern shows how helpful external cues can be in getting things done. Stop trying to remember everything and instead outsource and back up your executive functioning by using external cues.

Of course, if you've every struggled to get organised or be on time, the first advice anyone would have given you is to use a diary or set alarms. These strategies work for many people, but they do involve a reasonable amount of executive functioning to set up, and of course, you can always ignore alarms. If you have tried these strategies already and they have not worked, do not be discouraged. Read through this list and see if there are any additional strategies that you could try, including using technology and apps that gamify the process of getting things done.

Here are just some of the ways you can outsource your executive functioning:

- Use task reminders on your phone or *schedule a text to your own phone* to remind you to do something later.
- Put *everything* you need to do into a single online calendar, even obvious things. (I even have 'pick up kids from school' in my diary.) Have this calendar accessible on your phone, and ideally invest in a smart watch, linking it to your calendar reminders.
- Use lists or online apps to track what you need to do, and do not forget to add tasks you have nearly completed so that you can feel the immediate satisfaction of checking these off as complete.
- Set a daily phone alarm for any tasks that you need to do at the same time each day. This works well for daily tasks such as taking medications. Keep snoozing the alarm until you get it done.
- Use timers for everything. Invest in a smartwatch and use timers with haptics (vibrations) or use Siri or Google to set times for simple things, such as checking the oven, turning off the hose, or stopping what you are currently doing to get ready to go out.
- Develop visual checklists and tick off helpful habits each time you complete them. These adult 'star charts' can help to increase your motivation by allowing you to visibly track your successes.

- Use apps, lists or whiteboards to support your organisation and for specific activities such as health goals. Apps like Apple Health can help manage your medications, and there are many habit tracker apps that gamify your achievements and can measure your progress and habit streaks.

## Enlist Help from Others

Reducing your problems with inertia is not just a matter of you ‘trying harder’ – you are already working extremely hard. Even so, it can be difficult to ask for help. You may feel like this is admitting defeat, but it is normal for humans to collaborate to solve problems. We are not designed to work and live on our own. Acknowledging that you need help is an important first step towards finding a new solution. Getting help from other people allows you to lower the burden on your executive functioning and focus your energies on important tasks.

Of course, it can be hard to ask for help because you are worried that you will be judged, rejected, or let down. Many neurodivergent people are sensitive to rejection and try to avoid this as much as possible. This phenomenon is called *rejection sensitive dysphoria* because of how intensely painful rejection can feel for a neurodivergent person. Any situation where you ask something of someone else creates the potential for refusal and rejection.

Added to this is the problem of *demand avoidance*. Demand avoidance is the overwhelming feeling that you cannot do something once someone asks you do it, and “no” becomes your default response to any request. You may experience demand avoidance because the person asking nags you, judges you or pushes you in uncomfortable ways, leading to resentment, frustration, and overwhelm. Both rejection sensitivity and demand avoidance make asking for help difficult, so a gentle and self-compassionate approach to asking for help is needed. Take small steps and ask people you trust for help in simple ways at first.

Another helpful strategy is to get paid help from outside your family and friends if you can. If there are tasks that you can outsource completely – do it. If you can afford a cleaner and do not have one because you “should be able to do it yourself” please let go of this self-defeating argument. Having someone else do your basic household cleaning will free up your executive functioning for other tasks and give someone a job at the same time. In Australia you may also be able to access funding via the NDIS for such help.

Consider the following strategies when asking other people for help:

- Wherever possible enlist the help of others for everyday tasks like cleaning or gardening if you can afford it or can access funding for this service.
- Ask trusted friends or family to give you gentle prompts and reminders to get things done without nagging you.
- Use 'body doubling' to help you stay on track. A body double is usually a friend or family member who works alongside you on their own tasks. Make an appointment to work with a friend either in the same room or online via FaceTime, Zoom, Skype, Google Meet or similar. Remember that you can have a body double for fun tasks too, such as working on creative projects.
- Ask someone to help you decide what needs to get done, then have them do those tasks alongside you.
- Hire a household organiser, decluttering coach, or disability support worker to help with tasks regularly, or use the help of a trusted and gentle friend.
- If you work in your own business and struggle to keep up with admin, hire a virtual assistant and bookkeeper to keep everything on track.
- Ask someone to help you get started. This may be enough to kick off a chain of tasks and you may get quite a lot completed.

### **Regulate and Activate Your Body through Movement**

Moving your body is an important strategy for self-regulation in neurodivergent people. If you are an ADHDer you use movement to regulate your central nervous system in ways that can be labelled hyperactive by others. Autistic people often use repetitive or rhythmic movements to self-soothe. With negative stigma and judgements attached to these movements, many neurodivergent people learn to suppress their visible movements, leading to internal hyperactivity in the form of rapidly looping thoughts, repeated worries, getting a thought, song lyric, phrase, or image repeating in your mind, or generally feeling restless, agitated, or 'wound up.' Getting your body moving, even in small ways, can help you self-regulate and get started on those nagging tasks.

There are so many ways that you can get your body moving. In general, it's helpful to start small at first, and look for fun, interesting things you can do with your body. Consider the following options:

- Start moving your body in small ways, such as tapping your fingers, wriggling your toes, or bouncing your legs.

- Gently sway from side to side, with eyes open or closed, noticing your weight shifting in each moment.
- Wriggle, jump, run, flap your arms, or do whatever movements feel good.
- Put on some music and feel the beat, tap your foot, rock, sway, or dance to the rhythm.
- Take movement breaks across the day, scheduling these as opportunities for self-regulation and to prevent boredom.
- Take a walk, swim, ride a bike, run, or do any other form of exercise. Many neurodivergent people find that exercising in the morning helps to improve their focus throughout the day. If this is not available to you, a walk around the block, or to your local park is still helpful.
- Use 'body doubling' by going for a walk or kicking a ball with a buddy or your pet.

### **Discuss Medications with Your Doctor**

If you have been formally diagnosed with ADHD, you may be able to access stimulant medications to help you focus and stay on task. Despite the stigma attached to these in some circles, many neurodivergent people experience finding the right stimulant medication life changing. Task initiation gets much easier when you are on the right medication; you can think clearer and feel less overwhelmed by complexity and uncertainty. Some people find that they are so productive on medications that they overdo it and end up in burnout, others find that the effects reduce over time. Use medications with care and only under medical supervision. Your doctor will want to check your overall health and the compatibility with any other medications you might be taking. Seek the advice of a trusted and affirming doctor if you wish to explore the possibility of medications.

### **Build Your Skills in Self-Compassion**

Finally, to become more productive *and* enjoy your life more, it is essential to practice being kinder to yourself. Most neurodivergent people develop negative self-stories based on their difficulties getting things done. "I am lazy" is just one of these stories. As a result, self-compassion tends to lower in neurodivergent people (Beaton, Sirios, & Milne, 2020), yet skills of self-compassion are crucial for better mental health and greater life satisfaction (Cai & Brown, 2021; Cai, et al., 2022). Fortunately,

the skills of self-compassion are something you can learn, and simple books such as 'How to be Nice to Yourself' by Laura Silberstein-Tirch (2019) can help you.

The most fundamental skills of self-compassion involve having the motivation to help yourself, empathy and sympathy for your own suffering, and being non-judgemental of yourself when you get stuck. It is helpful to remember that inertia is a widespread problem, particularly among neurodivergent people, and is something that emerges from the way your brain processes and manages information.

Holding yourself to unrealistic standards and criticising yourself when you do not achieve them are two unhelpful aspects of perfectionism that you can transform with self-compassion. Continually berating yourself for what you have not done will leave you feeling exhausted, demotivated, and frustrated, *and will not help you to get things done either*. Instead, try using the following strategies to build your skills in self-compassion:

- ❑ Let go of perfectionistic standards and perfect forever goals such as “from tomorrow I will \_\_\_\_\_ *every day*.” Instead, focus on gradually increasing the frequency of your desired action over time.
- ❑ Remember to celebrate any small successes with a quiet acknowledgement of your efforts. This will positively reinforce the small steps you take and increase your motivation over time.
- ❑ When you inevitably notice your perfectionistic self-criticism getting louder, try to let those thoughts drift by without getting too caught up in them. Remember that they are only thoughts, and not something you need to do anything about.
- ❑ [Develop self-compassion for your inner critic](#). Remember that your inner critic is trying to get you moving – it is just going about this in a very unhelpful way.

Finally, next time you notice that you are struggling, rather than get angry at yourself, take a moment to pause and ask yourself “what do I need right now?” Look for some small way you can help yourself in that moment. This simple step is the starting point for self-compassion. Each time you do this you will move yourself one step close to a more compassionate and productive future. Good luck with your journey from here.



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## About the Author

Jennifer Kemp is a privately practicing Clinical Psychologist based in Adelaide who works with older adolescents and adults experiencing perfectionism, eating disorders, body image problems, burnout, anxiety, depression, obsessive-compulsive disorder (OCD), and chronic illness. Most of her clients are neurodivergent. Using a neurodiversity-affirming approach, Jennifer weaves together acceptance and commitment therapy (ACT), behavioural, and compassion-focused approaches to help her clients improve their mental health, develop skills in self-compassion, and move towards self-acceptance.

Jennifer balances this with time with her family, writing, presenting, and professional consultations. She is the author of “*The ACT Workbook for Perfectionism: Build Your Best (Imperfect) Life Using Powerful Acceptance & Commitment Therapy and Self-Compassion Skills*” and a sought-after speaker, trainer, and podcast guest. Jennifer delivers professional workshops and webinars internationally, including for the Australian Psychological Society, Association for Contextual Behavioral Science (ACBS), and International OCD Foundation (IOCDF).

