

🔥 The ADHD Emotional Regulation Companion

A hand-forged guide from the Furnace Room for tending the fire of ADHD emotions.



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If you are experiencing a mental health emergency, please call 988 in the U.S. or seek immediate help from your local emergency services. For ongoing support, consider connecting with a licensed mental health professional in your area.

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❖ Welcome to the Furnace Room

If you've ever felt like your emotions arrive without warning, leave just as quickly, or sometimes refuse to show up at all — you are not alone.

This handout gathers the tools from Episode Two: *The Fluctuating Furnace* and offers both metaphor and method for navigating the emotional fires of ADHD.

You're not meant to suppress the fire.
You're meant to work with it.

⚙️ TOOL ONE: The Silver Basin

"When the flames are wild, regulate first. Reason later."

You won't think your way out of emotional dysregulation. Instead, signal safety to your nervous system through your body.

Try this:

🧊 Cold Water — splash your face, hold an ice cube, sip something chilled

🏃 Movement — stretch, pace, shake out tension for 2-3 minutes

🧘 Breathing — try box breathing: inhale-4, hold-4, exhale-4, hold-4

These are not distractions. These are doorways back to your thinking self.

⚙️ TOOL TWO: The Firelight Journal

"Name the flame."

When your thoughts spiral or emotions threaten to burn through your day, externalize them. Give them form. Let them live somewhere besides your mind.

Try this:

📓 Journal it out — even if it's messy or chaotic

🗣️ Voice memo — speak your feelings into your phone, uncensored

👂 Safe conversation — share with someone who won't rush to fix you

Let the flame have a container. Don't let it run loose.

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⚙️ TOOL THREE: The Weathered Compass

"You cannot stop the storm — but you can adjust the sails."

ADHD emotions are intense because ADHD is intense. The goal isn't to suppress your feelings — it's to redirect that energy into something meaningful.

Try this:

- 🎨 Channel it — draw, move, clean, create, write
- 🔄 Shift focus — do something that matters emotionally, not just logically
- 🔥 Let the fire fuel you, not burn you out

This isn't about "getting over it."
It's about moving with it.

⚙️ TOOL FOUR: The Ember Stone of Repair

"Even the best firekeepers get burned. Repair keeps the hearth alive."

When big emotions spill over — words too sharp, tears too heavy, doors slammed — it doesn't mean you failed. It means you're human. Repair is part of tending the furnace.

Try this:

- 💡 Pause & Cool the Ashes — give yourself a reset before rushing in: water, breath, a short walk.
- ✍️ Own the Spark — name what happened without judgment: "I was overwhelmed, and my fire flared."
- 🤝 Reach Back Out — repair with presence, not perfection. A gentle check-in or "I'm sorry" rebuilds trust.
- 🌱 Plant a Seed for Next Time — notice what lit the fire and carry one small idea forward.

Repair isn't about erasing what happened. It's about showing yourself—and those around you—that warmth and connection can always return.

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BONUS: When Hormones Fan the Flames

PMDD, perimenopause, menstrual cycles — they can all turn the furnace into a weather system.

Estrogen drops? Dopamine often follows.

Which means you might feel things more deeply, more often, or not at all. It's not weakness. It's your neurobiology asking for care.

Try this:



Track your symptoms with your cycle



Pre-load your favorite regulation tools before hormonal dips



Be gentle. This is real.

You are not too much.

You're working with a body that changes — and it deserves your compassion.



Final Sparks from the Alchemist

You are not meant to extinguish your emotional fire — only to tend it wisely.
Some days will feel too hot. Others, too cold.

But every time you pause, name, or redirect — you're building a new rhythm.

This isn't about perfection.
It's about practice.

And the furnace?
It doesn't make you broken.
It makes you brilliantly alive.

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