

## ATTENTION DEFICIT DISORDER IN ADULTS

(affects your personal and professional life)

First see video [www.Vimeo.com/Rivest](http://www.Vimeo.com/Rivest) on Adult ADD

then check the items below and bring into your next counseling session.

1. \_\_\_\_ A sense of underachievement, of not meeting one's goals (regardless of how much one has actually accomplished)
2. \_\_\_\_ Difficulty getting organized consistently disorganized, misplace things.
3. \_\_\_\_ Chronic procrastination or trouble getting started people complain that you do not do what you promise to do.
4. \_\_\_\_ Many projects going simultaneously; trouble with follow-through consequently frequently breaking the trust.
5. \_\_\_\_ A tendency to say what comes to mind without necessarily considering the timing or appropriateness of the remark. These could be angry or insulting or sexual remarks.
6. \_\_\_\_ A frequent search for high stimulation playing games, always on the computer, staying up late at night and not being with relationships.
7. \_\_\_\_ An intolerance of boredom. People can get you bored as well. Difficulty maintaining relationships or employment.
8. \_\_\_\_ Easy distractibility, trouble focusing attention, tendency to tune out or drift away in the middle of a page or a conversation, often coupled with an ability to hyper-focus at times. People do not feel as though you are listening to them. You do not look at people when you are talking with them.
9. \_\_\_\_ Often creative, intuitive, highly intelligent
10. \_\_\_\_ Trouble in going through established channels, following "proper" procedure. Your way is best and fastest.
11. \_\_\_\_ Impatient; low tolerance of frustration. Could have outburst of anger.
12. \_\_\_\_ Impulsive, either verbally or in action, as in impulsive spending of money, changing plans, enacting new schemes or career, hot-tempered
13. \_\_\_\_ A tendency to worry needlessly, endlessly; a tendency to scan the horizon looking for something to worry about, alternating with inattention to or disregard for actual dangers. Perhaps drive too fast, critical of others.
14. \_\_\_\_ A sense of insecurity. Better not to develop an honest relationship. Easier to do things.
15. \_\_\_\_ Mood swings, mood lability, especially when disengaged from a person or project. Can either be moody and on an emotional high.
16. \_\_\_\_ Physical or cognitive restlessness, always moving.
17. \_\_\_\_ A tendency toward addictive behavior such as gambling, pornography.
18. \_\_\_\_ Chronic problems with self-esteem
19. \_\_\_\_ Inaccurate self-observation. You do not really understand who you are.
20. \_\_\_\_ Family history of ADD or bipolar illness or depression or substance abuse or other disorders of impulse control or mood
21. \_\_\_\_ Childhood history of ADD (It may not have been formally diagnosed, but in reviewing the history, one sees that the signs and symptoms were there.)
22. \_\_\_\_ Situation not explained by other medical or psychiatric condition

Other comments: