

ADHD LENS

A different lens to understand what's happening.

1 Attention Regulation Ability



You can focus deeply on things that interest you, but it's harder to control where your attention goes.

2 Working Memory Ability



It can be harder to hold information in your mind while using it, so you might lose track easily.

3 Recall Access Ability



You can remember things, but the information doesn't always come when you need it.

4 Task Initiation Ability



Starting tasks can be hard, especially without urgency or interest, even when you want to.

5 Task Execution Ability



You might be able to plan things, but find it difficult to follow through and finish them.

6 Time Perception Ability



Your sense of time can feel different — it's easy to lose track of time, and future consequences may not feel real.

7 Prioritisation Ability



It can be hard to decide what's most important, and everything can feel urgent.

8 Emotional Regulation Ability



Emotions can feel more intense and take longer to settle, which can affect your thinking and actions.

9 Motivation Regulation Ability



Motivation often comes from interest, urgency or reward — not just knowing something is important.

10 Energy Management Ability



Your energy levels can be unpredictable, coming in bursts rather than staying consistent.

11 Inhibition / Impulse Control Ability



It can be harder to pause before acting or speaking, especially when emotions are strong.

12 Self-Monitoring Ability



It can be difficult to notice mistakes in the moment, and you might only realise them afterwards.

**SAME WORDS.
DIFFERENT PERSPECTIVE.**

Understanding these abilities can help us make sense of what's happening, and give us something to work with.