

WHAT ARE MY ADHD SYMPTOMS?

A SPACE TO REFLECT ON YOUR EXPERIENCES

ATTENTION

Focusing and sustaining attention



- What do I notice?
- When does it happen?
- How does it affect me?
- Examples from my life?

TIME

Time perception and time management



- What do I notice?
- When does it happen?
- How does it affect me?
- Examples from my life?

EXECUTIVE FUNCTIONING

Planning, organising and follow-through



- What do I notice?
- When does it happen?
- How does it affect me?
- Examples from my life?

EMOTIONS

Emotional regulation



- What do I notice?
- When does it happen?
- How does it affect me?
- Examples from my life?