

WHAT ARE MY ADHD SYMPTOMS?

A SPACE TO REFLECT ON YOUR EXPERIENCES

MEMORY

Working memory and recall



● What do I notice?

● When does it happen?

● How does it affect me?

● Examples from my life?

SOCIAL

Social interactions and communication



● What do I notice?

● When does it happen?

● How does it affect me?

● Examples from my life?

MOTIVATION

Getting started and staying consistent



● What do I notice?

● When does it happen?

● How does it affect me?

● Examples from my life?

SENSORY

Sensitivity to sensory input



● What do I notice?

● When does it happen?

● How does it affect me?

● Examples from my life?