

WHAT ARE MY ADHD SYMPTOMS?

A SPACE TO REFLECT ON YOUR EXPERIENCES

WHAT WOULD I LIKE TO DISCUSS WITH MY PROFESSIONAL?

Topics, symptoms, challenges, or anything you'd like to explore further.

HOW DOES IT AFFECT MY LIFE?

In daily life, at work or study, in relationships, and in other areas.

WHAT QUESTIONS DO I HAVE?

Anything you want to understand, clarify, or explore further.

ANYTHING ELSE I WANT TO REMEMBER?

Additional thoughts, feelings, or notes.