

CHANGING UP THE WAY WE SEE ADHD

Same person.
Different perspective.

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WORDS I OFTEN HEAR (OR THINK ABOUT MYSELF)

Here are some common words used to describe people with ADHD. Which ones have you heard before? Check the ones that feel familiar. You can also add your own.

☐ Forgetful

☐ Lazy

☐ Always late

☐ Procrastinating

☐ Disorganised

☐ Messy

☐ Careless

☐ Inconsistent

☐ Impulsive

☐ Too sensitive

☐ Emotional

☐ Overreacts

☐ Distracted easily

☐ Can't focus

☐ Talks too much

☐ Interrupts

☐ Restless

☐ Unreliable

☐ Immature

☐ Too much

☐ Dramatic

☐ Not trying hard enough

☐ Selfish

☐ Doesn't follow through

☐ Finds things boring easily

☐ Struggles with routine

☐ Other: _____

2

RETHINKING THE WORDS

Choose some of the words you checked above (or your own). Try looking at them through a more ADHD-focused lens. What might be a different, more accurate or helpful way to understand the same behaviour?

Common Label (What people might say)		ADHD perspective (A different way to see it)		What this means for me (How I understand it)
	→		→	
	→		→	
	→		→	
	→		→	
	→		→	
	→		→	
	→		→	
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