

Could ADHD Be Part of Your Story?

A self-reflection guide for adults exploring patterns in attention, organization, and everyday life.

Before you begin: This guide is not a diagnostic tool. Its purpose is to help you reflect on patterns that may be affecting your daily life. If many of these questions resonate with you, a comprehensive assessment can help determine whether ADHD or another condition may better explain your experiences.

Part 1: Your Daily Experience

Take a moment to think about the last 6–12 months.

- Do you often feel like your brain has "too many tabs open"?
- Do you know exactly what needs to get done but struggle to start?
- Do you frequently underestimate how long tasks will take?
- Do you begin projects with excitement but have difficulty finishing them?
- Do you rely on last-minute pressure to get things done?
- Do you lose track of conversations or zone out, even when you care about what is being discussed?
- Do you often misplace everyday items like your keys, wallet, or phone?
- Do you find yourself constantly searching for motivation rather than lacking ability?

Part 2: Work & School

Consider how these patterns affect your performance.

- Have others described you as intelligent but inconsistent?
- Do you struggle with organization despite trying different systems?
- Are deadlines stressful because you procrastinate until the last minute?
- Do you have difficulty prioritizing when multiple tasks compete for your attention?
- Do small administrative tasks feel much harder than they "should"?
- Have you wondered why coworkers or classmates seem to manage responsibilities more easily?

Part 3: Relationships

Reflect on how these challenges may affect the people around you.

- Do loved ones say you do not listen, even when you are genuinely trying?
- Have you forgotten birthdays, appointments, or important conversations?
- Do unfinished chores or responsibilities create tension at home?
- Do you interrupt others because you are afraid you will forget what you wanted to say?
- Have you been told you are distracted, forgetful, or inconsistent?

Part 4: Your Emotional Experience

Many adults are surprised to learn that ADHD can affect emotions as well as attention.

- Do you become overwhelmed more easily than others?

- Do you become frustrated with yourself because you "know better" but still struggle?
- Do you feel guilty about not living up to your potential?
- Do you replay mistakes long after they have happened?
- Do you experience periods of hyperfocus where hours pass without realizing it?

Part 5: Looking Back

Think back to childhood and adolescence.

- Were you often described as daydreamy, talkative, forgetful, or easily distracted?
- Did teachers comment that you had potential but needed to apply yourself more consistently?
- Did you frequently lose homework, school supplies, or permission slips?
- Did you perform well in subjects you enjoyed but struggle in others despite putting in equal effort?

Reflection

Take a moment to consider:

Which three questions resonated with me the most?

How long have these patterns been present?

How are they affecting my work, relationships, or confidence today?

What have I already tried to improve these struggles?

If these challenges became more manageable, what would be different in my life one year from now?

What Happens Next?

If several of these questions felt familiar, it does not automatically mean you have ADHD. Anxiety, stress, depression, sleep difficulties, and other conditions can create similar experiences.

A comprehensive ADHD assessment can help determine what is truly contributing to your symptoms and provide personalized recommendations so you can move forward with confidence.

Remember: The goal is not simply to receive a diagnosis. It is to better understand how your brain works and develop a plan that helps you thrive.