

1

## DAYDREAMING OR ZONING OUT

Frequently appears "spacey" or inattentive, even in conversations or class.

2

## CHRONIC DISORGANIZATION

Struggles to keep track of assignments, belongings, and time, even with reminders.

3

## EMOTIONAL SENSITIVITY

Easily overwhelmed by emotions, with intense reactions to perceived criticism or rejection.

4

## LOW SELF-ESTEEM

Internalizes mistakes or struggles, often comparing themselves to others and feeling "not good enough."

5

## DIFFICULTY STARTING OR FINISHING TASKS

Procrastinates, even with simple tasks, and often leaves projects incomplete.

## HYPER-TALKATIVE OR INTERRUPTIVE

Talks a lot, may interrupt or struggle to wait her turn in conversations.

6

## EASILY DISTRACTED

Finds it hard to focus, especially in overstimulating environments or during uninteresting tasks.

7

## FORGETFULNESS

Frequently loses items, forgets instructions, or misses important details (e.g., due dates).

8

## HYPERFOCUS

Can become so absorbed in a favorite activity or topic that she ignores everything else around her.

9

## SOCIAL STRUGGLES

May feel out of sync with peers, experience difficulty making or keeping friends, or mask symptoms to "fit in."

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