

# THE ADHD ICEBERG

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What people think ADHD is  
What others see

Inattention  
Distracted, ignoring,  
forgetful, late

Hyperactive  
fidgety, restless

Impulsive  
interrupting, reckless

What ADHD  
actually is  
What it  
feels like

## Executive Functioning Difficulties

Working Memory - remembering what you went into the kitchen for

Time Management - underestimating how long something will take

Task Initiation - Procrastination/Procrastivity

Sustained Attention - difficulty following a conversation

Response Inhibition - overspending, infidelity, substance abuse

Metacognition - difficulty observing self in action

Default Mode Network is overactive

Mood Swings

Irritability

Anxiety

Sensory Issues

Temporal Discounting

Sleeping Difficulties

Chronic Unemployment

Lying to self and others to cover up

Rejection Sensitivity

Time Horizon

Forgetting to eat, take medications

Financial Problems

Choice Paralysis

## Emotional Legacy of ADHD

Low self esteem

Internalized negative core beliefs

Self-mistrust

Feelings of being a failure

Oppositionality

Imposter Syndrome

Addiction

Eating Disorders

Shame

Hiding/Pretending

Overcompensating

Learned helplessness

Avoidance