

Beginning Life Changes ADHD Inventory:

Do distractions, difficulty staying on task or problems finishing projects interfere with your success? (Deficit Hyperactivity Disorder (ADHD) may be causing the problem.

According to the National Institute of Health, ADHD affects an estimated 4.4 percent of adults in the United States in a given year. Symptoms include difficulty staying focused and paying attention, difficulty controlling behavior, and very high levels of activity.*

Below is a ADHD checklist from author Jeffrey Freed's 2007 book, *4 Weeks To An Organized Life with AD/HD*. **Check the box for each YES answer.**

- 1. Do you procrastinate, regularly putting off tasks that, for you, require a lot of mental energy?
- 2. Do you have difficulty completing tasks or projects?
- 3. Do you often forget or find yourself late for appointments?
- 4. Do you feel restless or full of nervous energy and compelled to do things?
- 5. Do you have trouble organizing yourself to do a complex task?
- 6. Do you fidget or squirm, needing to move some part of your body if you have to sit or keep still?

Consider these as well

- 1. Do you find yourself lost in your own thoughts, even when someone is talking to you?
- 2. Do you have difficulty throwing things away, even if they have little value or specific usefulness to you?
- 3. Do you react quickly to conflicts?
- 4. Do you sometimes blurt things out then wish that you hadn't spoken?
- 5. Do you take things to heart, finding yourself easily hurt and sensitive?
- 6. Do you find most of these problems disappear when you have something fun or interesting to do?

Scoring: Yes to 6 or more of the 12 symptoms suggests the need for an evaluation from a trained health care professional. Untreated ADHD may interfere with your ability to practice and retain tools for coping with stress.