

ADD Action Coach

Adult Symptom Checklist

Full Name:

Date of Birth:

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree

Often has trouble keeping attention on tasks:

Often loses or misplaces things:

Is often easily distracted:

Forgetful in daily activities:

Has trouble following instructions and does not finish tasks:

Difficulty giving close attention to detail and makes careless mistakes:

Organizational difficulties in the home and/or workplace:

Often has difficulty waiting in lines or driving in traffic:

Often interrupts or intrudes on conversations:

Often blurts out answers before questions have been finished:

Do you feel or have you been told that you make impulsive decisions regarding work, personal or financial life:

Do you have trouble following conversations and staying on topic:

Trouble sitting still in meetings or appointments:

Often feeling like always on the go or often acts like being "driven by a motor":

Do you feel like you talk excessively:

Often feel that relaxation is difficult and takes many days to "settle down" if on vacation:

Do you have difficulty getting along with peers or management at work:

Do you have trouble staying connected with friends or acquaintances:

Do you feel you are not achieving your potential at work:

Do you often dream of doing something different for a career:

Do you have a hobby or passion that you would like to pursue as a possible line of work:

NOTE: Once completed please save your form and submit it via email to:

christine@addactioncoach.com