

Adult ADHD Behaviors

Which Ones Do You Experience?

Select the behaviors you've experienced and record how many you chose beside the category title.

Total Items
checked off

_____/108

ADHD can make everyday life feel harder than it looks: missed details, racing thoughts, starting a million things at once.

But the more you learn your patterns and understand how your brain works, the easier it becomes to work *with* yourself instead of against yourself.

It's not about fixing who you are—it's about figuring out how to move through life in a way that actually fits you.

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_____/12 Attention & Focus

- ☐ Zoning out during conversations
- ☐ Re-reading the same sentence multiple times
- ☐ Difficulty following multi-step instructions
- ☐ Missing details even when trying to pay attention
- ☐ Getting easily distracted by noises, thoughts, or movement
- ☐ Struggling to stay engaged in boring or repetitive tasks
- ☐ Hyperfocusing for hours on something interesting
- ☐ Forgetting what you were doing mid-task
- ☐ Losing track of time ("time blindness")
- ☐ Daydreaming frequently
- ☐ Switching between tasks without finishing any

_____/9 Time Management

- ☐ Chronic lateness (even when trying to be on time)
- ☐ Underestimating how long tasks take
- ☐ Procrastinating until urgency kicks in
- ☐ Waiting until the last minute to start important tasks
- ☐ Getting stuck in "waiting mode" before an event
- ☐ Missing deadlines
- ☐ Overcommitting and overbooking
- ☐ Difficulty transitioning between activities
- ☐ Spending too long on minor details

_____/9 Impulsivity

- ☐ Interrupting others mid-conversation
- ☐ Blurting out thoughts without filtering
- ☐ Making quick decisions without thinking through consequences
- ☐ Impulse spending
- ☐ Starting new hobbies or projects suddenly
- ☐ Saying things and regretting them later
- ☐ Clicking random links or switching apps constantly
- ☐ Difficulty resisting distractions (checking phone, etc.)
- ☐ Acting on cravings immediately

_____/9 Emotional Regulation

- ☐ Feeling emotions very intensely
- ☐ Sudden mood swings
- ☐ Irritability over small frustrations
- ☐ Difficulty calming down once upset
- ☐ Rejection sensitivity (taking criticism very personally)
- ☐ Getting overwhelmed easily
- ☐ Feeling frustrated when things don't go as planned
- ☐ Emotional "outbursts" followed by regret
- ☐ Trouble explaining feelings clearly

_____/12 Memory & Organization

- ☐ Misplacing keys, phone, wallet daily
- ☐ Forgetting appointments unless reminded
- ☐ Walking into a room and forgetting why
- ☐ Forgetting names shortly after hearing them
- ☐ Poor sense of where things are stored
- ☐ Letting emails/messages pile up unanswered
- ☐ Forgetting to reply to texts
- ☐ Trouble keeping track of deadlines
- ☐ Clutter building up quickly
- ☐ Starting to organize, then abandoning it halfway
- ☐ Keeping multiple unfinished to-do lists
- ☐ Writing reminders... then forgetting to check them

_____/7 Physical & Restlessness Behaviors ☐ Fidgeting (tapping, bouncing leg, playing with objects) ☐ Getting up frequently when expected to sit ☐ Pacing while thinking or talking ☐ Talking excessively ☐ Feeling internally restless even when still ☐ Difficulty relaxing ☐ Needing background noise to focus	_____/8 Daily Life Patterns ☐ Forgetting to eat, or eating irregularly ☐ Staying up too late despite being tired ☐ Trouble maintaining routines ☐ Inconsistent productivity (very high one day, very low the next) ☐ Letting chores pile up ☐ Doing things in inefficient or roundabout ways ☐ Forgetting to take medication or supplements ☐ Difficulty sticking to habits	_____/8 Social & Communication ☐ Missing parts of conversations ☐ Forgetting what someone just said ☐ Talking over people unintentionally ☐ Going off on tangents ☐ Oversharing personal information ☐ Struggling to maintain friendships due to inconsistency ☐ Forgetting to follow up with people ☐ Appearing “not to listen” even when trying
_____/8 Work / School Patterns ☐ Doing work at the last minute ☐ Making careless mistakes ☐ Difficulty prioritizing tasks ☐ Switching between tasks instead of finishing one ☐ Avoiding emails or administrative tasks ☐ Losing track of assignments or responsibilities ☐ Performing well under pressure but struggling otherwise ☐ Inconsistent performance	_____/5 Decision-Making ☐ Overthinking simple decisions ☐ Difficulty choosing between options ☐ Changing decisions frequently ☐ Avoiding decisions altogether ☐ Impulsive choices followed by second-guessing	_____/7 Sensory & Environment ☐ Being easily overwhelmed by noise or clutter ☐ Difficulty focusing in chaotic environments ☐ Seeking stimulation (music, background TV, etc.) ☐ Feeling uncomfortable in silence ☐ Strong reactions to textures, lights, or sounds ☐ Enjoy solving puzzles, riddles & brain games ☐ Struggling with addiction (shopping, speeding, gambling, excessive working, working out, sexual behaviors)
_____/7 Task Initiation & Motivation ☐ Knowing what needs to be done but feeling unable to start ☐ Waiting for the “right mood” to begin tasks ☐ Avoiding tasks that feel boring, complex, or unclear ☐ Starting multiple tasks but not completing them ☐ Needing pressure (deadline, urgency) to get moving ☐ Feeling “stuck” or frozen when overwhelmed ☐ Difficulty breaking big tasks into steps	_____/7 Internal Experiences (Less Visible) ☐ Constant mental “noise” or racing thoughts ☐ Feeling like your brain is always “on” ☐ Difficulty shutting off thoughts at night ☐ Feeling behind compared to others ☐ Frustration with inconsistency ☐ Shame or guilt about unfinished tasks ☐ Feeling overwhelmed by simple responsibilities	Common Co-Occurrence These conditions frequently occur together, not just overlap: • ADHD + Autism is very common • ADHD + OCD also occurs • Autism + OCD share some genetic and neurological links Sometimes behaviors aren’t just overlapping, they’re coming from multiple conditions at once.