



BrainWave Centre

Objective Measurement...
Confident Management

INFORMATION Sheet

ADHD Adult Checklist

Do you have ADD/ADHD?

- Trouble with intimacy and relationships
- Often immature and self-centred
- Lasting difficulty with self-esteem and mood swings
- Have short fuse
- Intolerance; can act with sudden, unreasonable and/or unpredictable verbal and/or physical aggression; rages
- Lasting sense of underachievement, often due to poor insight
- Easily bored, crave stimulation; take risks; gamble
- Easily distracted or sidetracked
- Mood swings; extremes of feelings: sense of impending doom, excessive or unfounded anxiety or sensitivity
- Compulsive
- Over-excited
- Hyper focused; obsessive
- Frequently tired
- Reluctant to read; has difficulty focusing and concentrating; falls asleep or gets tired when reading
- Reluctance to write; has trouble expressing and sequencing ideas
- Trouble getting starting on projects and following them through
- Trouble taking directions from staff/peers/authority figures; oppositional
- Spend excessive amount of time at work to meet deadlines due to problems with time management
- Inconsistent work performance; quality of work may deteriorate under pressure
- Sets unrealistic goals and multi-tasks leading to non-completion of projects
- Difficulty getting organised; procrastinates
- Always late or in a hurry
- Often has piles of stuff everywhere
- Easily overwhelmed by everyday tasks
- Financial affairs are always in disarray
- Mind races; has many thoughts all at once
- Impatient, tactless, interrupts, or acts out of turn; finishes others' sentences
- Impulsive, with no thought of consequence
- Inattentive, forgetful, can't retain information, sudden blank mind

If you answered yes to these questions for either yourself or someone you know there is the possibility that it may reflect more than just personality or chance. There may be a neurological or genetic explanation for this behaviour.

Ask your doctor for more information or for a referral to the BrainWave Centre for objective assessment.