

WOMEN ADHD SYMPTOMS SELF EXPLORATION CHECK



**THE MORE STATEMENTS YOU CHECK THE HIGHER THE PROBABILITY
YOU HAVE ADHD SYMPTOMS**

- I AM INCAPABLE OF READING DIRECTIONS
- I GET OVERWHELMED WITH CHOICES THAT I WILL END UP SHUTTING DOWN AND NOT MAKING ANY DECISION, EVEN WHEN I'M INTERESTED IN ALL OF THEM.
- I FEEL THAT I HAVE BETTER IDEAS THAN OTHER PEOPLE BUT AM UNABLE TO ORGANIZE THEM OR ACT ON THEM
- I CONSISTENLY BEAT MYSELF UP ABOUT MY DISORGANIZATION OR FORGETFULNESS
- I FEEL LIKE I'M ALWAYS AT ONE END OF A DEREGULATED ACTIVITY SPECTRUM EITHER A COUCH POTATO OR A TORNADO.
- BILLS AND IMPORTANT THINGS I NEED TO GET DONE END UP IN PILES UNATTENDED TO.
- I AM VERY CLUMSY AND KEEP BUMPING INTO THINGS
- I FORGET WHERE I PUT MY THINGS, WHAT I WANTED TO SAY, I FORGET EVERYTHING
- I WILL GET ANTSY IF IM DOING NOTHING
- I STRUGGLE TO REMAIN ON TASK UNLESS IM DOING SOMETHING THAT IM REALLY INTERESTED IN.
- I'M CLUELESSAS TO HOW OTHERS MANAGETO LEAD CONSISTENT, REGULAR LIVES
- I AM ALWAYS LATE
- I CONSISTENY PURCHASE ORGANIZATIONAL TOOLS AND APPS AND DO NOT USE THEM

NOTE: THIS IS NOT INTENDED TO DIAGNOSE OR REPLACE THE CARE OF A HEALTH CARE PROFESSIONAL. ONLY A MENTAL-HEALTH PROFESSIONAL CAN TELL FOR SURE. BE SURE TO SHARE THE OUTCOME WITH YOUR DOCTOR