

ADD Assessment Checklist

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Answer the following questions about yourself. If you've spent time learning to accommodate the situation or feeling, reference your answer to a time before you did your self-work.

You may also find it helpful to have someone else answer these questions in relation to you.

	<i>Yes</i>	<i>Some</i>	<i>No</i>
Do you often fail to finish detailed tasks?	_____	_____	_____
Do you have trouble managing your checkbook and finances?	_____	_____	_____
Are you easily distracted when dealing with details, paper work, and administrative tasks?	_____	_____	_____
Do you get bored doing repetitive tasks?	_____	_____	_____
Do you get bored or lose attention with sustained-action tasks?	_____	_____	_____
Do you rarely do careful long term planning even with major decisions?	_____	_____	_____
Have you teamed up with people who manage details and organize for you?	_____	_____	_____
Do you feel you've achieved below your potential in school or at work?	_____	_____	_____
Do you frequently act without thinking?	_____	_____	_____

Do you multi-task, doing more than one thing at a time? _____

Do you work better when shifting from one activity to another? _____

Do you have many interests that you enjoy for a while, then drop regardless of financial investment? _____

Have you struggled with substance abuse? _____

Do you respond better to being asked than told? _____

Do you have a sense of humor? _____

Do your eyes twinkle? _____

Do you call and talk out, interrupting conversations? _____

Do you get restless waiting your turn in a group situation? _____

Do you feel impatient or express your impatience with boring or slow moving situations? _____

Is it hard for you to structure your environment? _____

Does your creativity feel cramped by too much structure? _____

Do you often finish another's sentence? _____

Do you prefer activity over stillness most of the time? _____

Do you become sleepy or restless if not active? _____

Is it hard for you to sit still? _____

Is it hard for you to stay seated?

Have you frequently changed jobs regardless of the reason?

Do you think better when you're active?

Have you often had periods of depression?

Are you very sensitive emotionally?

Do you take things personally or get your feelings easily hurt?

Are you very sensitive to hidden agendas or do you know what others are feeling even if they try to hide it?

Do you have a wide range of emotions?

Does your mood shift dramatically based on the people and events around you?

Do you have a quick temper that also disappears quickly when the situation is no longer threatening?

Are you physically sensitive to people or things?

Are you soothed and/or aided in focusing by the use of a TV, radio, or fan?

Are you empathetic?

Do you have trouble getting places on time?

Do you have difficulty determining how long a task will take?

Name _____ e-mail _____ Date _____