

New List of ADD/ADHD Attributes
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See the big picture: Don't travel toward any goal unless you see the big picture first.

Think in terms of how things function: Know the purpose and function of a goal before proceeding to it. Focus is on the relationship between details, not in the details.

Pay attention to the patterns and relationships within the big picture: See the interconnections and patterns that form between things rather than the elements that make them up.

Express high levels of activity: physical, mental, emotional, and verbal. Have a lot of energy.

Learn by doing (kinesthetic learning): Learn how to do whatever by doing it not doing "about" it, reading "about" it, or talking "about" it. The apprenticeship model applies here. The apprentice works with the master.

Have an inner focus of perception and control: Our worldwide view comes from within ourselves. Skills for organization, time and timing, maintenance of control over our behavior and to do whatever we need to do is idiosyncratically guided from within ourselves rather than from outside through what feels right to each of us.

Be sensate by nature, having a high level of sensitivity, inner and outer: Our sensitivity is felt through our senses: sight, sound, taste, smell, and touch -- as well as intuition. Empathy and compassion are side benefits.

Have a strong sensing capability: Tend to think first through our ability to sense what is going on rather than by thinking about something. We simply know and are usually right.

Resonate to the rhythmic timing of nature: Use natural rhythms and our own internal timing to get things done rather than arbitrary schemes to keep track of time.