

Characteristics of ADD/ADHD

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Sees the big picture

Thinks in terms of how things function

Pays attention to patterns and relationships within the big picture

Expresses high level of activity: physical, mental, emotional, and verbal

Learns by doing

Has inner focus of perception and control

Are responsive

Has strong sensing capability

Resonates to the rhythmic timing of nature

These core ADD characteristics seem to surface in adults in three distinct ways. People with ADD into one of three categories, but they can exhibit a “blend” of two or all three forms.

Form I: Outwardly Expressed ADD - The Active Entertainer

Feelings and behaviors are actively and openly expressed. Many with this form like employment in sales, entertainment, entrepreneurship, or fields utilizing quickness and high energy.

Traits:

Outwardly active

Spontaneous

High risk-taker

Wide mood capability

Quick to change

Reacts to external pressure

Highly demonstrative

Multi-tasks

Expresses temper outwardly

Prefers to break large tasks into segments, creating many small tasks

In Linear Situations:

Easily bored, Short attention span, Dislikes long term projects, Become Reactive, Dislikes Repetition, Blames others when frustrated, Expresses temper

Form II: Inwardly Directed ADD - The Restless Dreamer

Feelings and behavior are not actively displayed, but internalized or subtly expressed. May like employment in field utilizing creativity, sensitivity, the outdoors, mechanics, and service-oriented work.

Traits:

Very empathetic	Sticks to jobs liked	Slow to change
Very sensitive	Visionary/Dreamer	Often highly creative
Good problem-solver	Prefers freedom to explore	Restless

In Linear Situations:

Tends to self-blame, Distractible when bored, Burns out, Tends to depression, Vacillates, Tries too hard

Form III: Highly Structured ADD - *The Conscientious Controller*

Must work within a structure. Tends to feel out of control if structure is changed. Emotions are expressed as judgments. Often anxious and demanding. One with this type of ADD can usually succeed in the military, accounting, or a field utilizing computers and attention to detail and precision.

Traits:

Very organized	Likes structure	Perfectionist
Highly focused	Talkative	Dislikes interruptions
Mentally restless	Systematic problem-solver	Takes charge in a crisis

Prefers to work a task from beginning to end without a break

In Linear Situations:

Demanding, Rigid, Judgmental, Obsessively worries, Loses temper, Controlling