



# Do I have adult ADHD?

Answer these questions honestly. Think about examples in your life that will help you answer the questions. Think about situations at home, school, work or in social settings.

Do you ...

- ▶ Have trouble keeping track of a schedule or details?
- ▶ Become easily distracted in meetings or during conversations?
- ▶ Start tasks or projects and lose focus or become sidetracked?
- ▶ Miss deadlines at work or school?
- ▶ Make impulsive decisions without thinking?
- ▶ Have trouble planning ahead or struggle with time management?
- ▶ Get easily frustrated and angered?
- ▶ Procrastinate on the tasks that you must do?
- ▶ Struggle to multitask?
- ▶ Struggle to sit still through quiet activities?

If you answered “yes” to multiple questions, talk to your health care provider about being evaluated for ADHD.