

TRAITS OF ADD/ADHD

The traits listed below are typical of ADD - ADHD. To strongly suspect ADD, a person should have **at least 15** of these traits and they should be:

- **Persistent** - The trait is present more often than not, from an early age.
 - **Pervasive** - The trait is present in many different areas of a person's life.
 - **Prohibiting quality of life** - The trait interferes with several areas of life, including work success, relationships, and/or self-esteem.
1. Constantly distracted by thoughts or stimuli that interrupt actions or conversations
 2. Needing to change physical positions often, getting out of chair, moving; history of childhood hyperactivity
 3. Spacey or daydreaming, trouble concentrating
 4. Many thoughts and ideas, seemingly all at once
 5. Multi-tasking, often doing several things at once (such as TV, e-mail, talking on phone, reading)
 6. Focusing so avidly on an interest that everything else is forgotten
 7. Tactless, saying the wrong thing at the wrong time
 8. Missing social cues, behaving or speaking inappropriately
 9. Needing to write or doodle in order to pay attention in meetings
 10. Inability to concentrate or sustain focus on reading (not necessarily dyslexia)
 11. Poor short-term memory
 12. Chronic lateness, poor time judgment
 13. Inability to work within the rules of a corporate or bureaucratic structure
 14. Inability to work effectively without imposed structure
 15. Chronic clutter and disorganization
 16. Inability to prioritize
 17. Inability to get started on tasks such as bill-paying, laundry, mundane paperwork
 18. Procrastination
 19. Perfectionism
 20. Poor follow-through on completing projects, leaving "loose ends"
 21. Inappropriate anger responses, defensiveness, placing blame on self or others
 22. History of fractured relationships, misunderstandings
 23. Thinking in black / white terms; things or people seem either all good or all bad
 24. Often taking on more than can realistically be accomplished
 25. Thrill-seeking behavior, or enjoyment of risk
 26. Intolerance of boredom, changing jobs or hobbies often