

Adult ADD

***"According to Drs. Edward M. Hallowell & John J. Ratey,
you may be entitled to label yourself as adult ADD if any of the following
20 dysfunctions or discomforts are persistently present in your thinking or behaviour"***

1. A sense of underachievement and of not meeting personal goals (regardless of actual achievement levels).
2. Constant trouble getting organized and a tendency for little things to add up to create what seem like huge obstacles.
3. Chronic procrastination, with or without the conscious fear that you won't be able to do something right.
4. Fast starts and a lot of projects going at once, but poor follow-through.
5. A tendency to say whatever comes to mind without considering its impact, appropriateness or timing, extreme candour, often enhanced by a tone of absolute correctness or self-righteousness.
6. A continuing craving for high stimulation, new thrills and new sensations-something on the outside that can catch up with the whirlwind raging inside.
7. A tendency to become easily bored.
8. Easy distractibility and a desire to "tune out" in the middle of a page or conversation, coupled with the occasional ability to hyperfocus on interesting material or topics.
9. High creativity, intuition, natural intelligence or puzzle- solving ability.
10. A disinclination for structure, rules or "proper channels".
11. A low tolerance for frustration.
12. Impulsivity, either in thought, action or words.
13. A tendency to worry needlessly and endlessly.
14. A pervasive sense of impending doom: "If nothing has gone wrong, it's just, about to."
15. Mood swings or depressed feelings, especially when leaving someone or winding up a project.
16. Restlessness. Not the hyperactivity you see in a child, but a surfeit of nervous energy, pacing drumming fingers and feeling edgy at rest.
17. Addictive tendencies, either to substances or to activities, such as gambling.
18. Chronic problems with low self-esteem. Years of conditioning told you that you're a lazy, weird, undisciplined klutz, and now you believe it. Frustration and underachievement convince you there's no way up or out.
19. An inaccurate self-perception. You may read other people and situations with great intuitive insight, but don't accurately gauge the impact you have on them.
20. A family history of ADD or manic-depressive illness (bipolar disorder), whether formally diagnosed or not, as well as behaviours and feelings not explained by other medical or psychiatric conditions.