

## Typical Traits of Adult ADD / ADHD\*

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\*NOTE: The terms "ADHD" and "ADD" will be used interchangeably to refer to Attention Deficit Disorder.

The following traits are typical of many people with ADD / ADHD. A person with ADD will have several of these traits, and be affected by them in many areas of their life. To be considered for Adult ADD, a trait should be:

- **Persistent**  
The trait is present more often than not, and can usually be seen in childhood.
- **Pervasive**  
The trait is present in many different areas of a person's life. For example, it might show up in work, as well as in aspects of interpersonal relationships.
- **Prohibiting quality of life**  
The trait interferes with a person's quality of life in some way, such as disrupting work success, relationships, and/or self-esteem.

**INSTRUCTIONS:** Circle those traits that are present, and that pass the "test of the "P's," above. If you have at least 10 circled, this may be an indication of ADD. However, only a professional diagnostician with extensive knowledge of Adult ADHD should make a final diagnosis.

1. Constantly distracted by thoughts or stimuli that interrupt actions or conversations
2. Spacey or daydreaming, has trouble concentrating
3. Preponderance of thoughts and ideas, all coming at once
4. Doesn't notice anything except what he or she is actively paying attention to
5. Focuses so avidly on an interest that person forgets about everything else
6. Tactless, saying the wrong thing at the wrong time
7. Missing social cues, behaving or speaking inappropriately
8. Must write or doodle in order to maintain attention in meetings
9. Inability to concentrate or sustain focus on reading (not dyslexia)
10. Poor short-term memory; forgets appointments, names, dates, what they are told
11. Chronic lateness, poor time judgment
12. Inability to work within the rules of a corporate or bureaucratic structure
13. Inability to work effectively without imposed structure or deadlines
14. Chronic clutter and disorganization; always misplacing things

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15. Inability to prioritize, to determine what should come first
16. Inability to get started on dull tasks such as bill-paying, laundry, mundane paperwork
17. Procrastination in general
18. Perfectionism, unwilling to create something that's not "perfect"
19. Poor follow-through on completing projects, tying up "loose ends"
20. History of over-promising and not delivering on promises
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 are either all good or all bad
24. Often taking on more than the person can realistically accomplish
25. Thrill-seeking behavior, or enjoyment of risk
26. Intolerance of boredom, changing jobs or hobbies often
27. Often overwhelmed, leading to mental paralysis and inability to move forward