



Completely Un-scientific Assessment of Little-Known ADHD Traits

This tool is not intended to diagnose anyone with anything. It's a set of informational questions that may help you collect talking points to share with your healthcare or mental health provider if you wish to pursue evaluation. If you use this, you understand it's for information and education only, not to take the place of a qualified diagnosis.

Give yourself one point (and a high-five!) for each statement that feels true for you, and has been a sustained pattern.

My brain usually feels like there are too many tabs open on a computer.

I interrupt people when they're talking. It either bothers them, or frustrates me, or both.

There's always some kind of song or phrase on heavy repeat in my head.

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I talk faster than most.

I tend to work pretty fast, especially once I get started on tasks I dislike.

While I'm working fast, I make mistakes that I don't catch until later (or never).

I'm not great at responding to texts or email later — if I don't do it NOW, it may not get done.

I like episode-type shows more than movies; movies are too long to sit through.

My childhood memories are weird and spotty; I can remember obscure, minute details but often not the big story.

(If I'm a musician) I know parts of thousands of songs...but I never play one all the way through.

Or, if I'm in control of the music playlist, I flip through songs after a few bars. If other people are around, they might tell me to just pick a song and stick with it.

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My short-term memory isn't great. I've been known to create elaborate or quirky strategies to compensate (putting keys in the fridge, lots of lists, multiple alarms, etc).

I feel inept around money. I have trouble paying bills on time, I "lose" money, and don't have much patience for either accounting or learning about it.

People have often told me I'm too sensitive, and act shocked when something hurts my feelings.

When I'm really hurt, I'm frighteningly good at cutting people out of my life or ghosting them.

Or, I don't really miss people when they're not around — I still love them tons, just don't sit around thinking how much I wish they were here.

I don't like following recipes too closely — they're more like a jumping-off point for me.

Sometimes I feel like I'm pretty smart — but nobody knows it because when asked a question, my mind goes blank.

If I don't go to the grocery with a very defined list, there's no telling what will come home with me.

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Fresh foods often go to waste in my fridge.

If I have an afternoon appointment, sometimes the morning goes to waste because I'm in "waiting mode."

I hate packing for a trip.

I have zero poker face.

When someone I care about is upset with me, I feel it very intensely. I'd do almost anything to avoid that feeling.

People call me fidgety or notice that I'm often tapping or moving some part of my body. When I was a kid, I might have been in trouble a lot for hitting or kicking.

It feels good to be busy — but I often find I've been busy without doing the ONE thing that actually needed to happen.

If I'm really engrossed in a hobby, it feels like work to pull away from it and do something else.

Depending on the situation, my motto can be either "ready, FIRE, aim" or "ready....ready....ready....ready....nah, just forget it."

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I have at least 5 ideas right now for something new that I'd like to invent, create or develop.

It's pretty common for me to avoid doing things that might allow people make fun or tease me.

I walk faster than a lot of my friends.

My friends walk at a steady, even pace and I have to stop every few feet to point out or observe a cool thing I've noticed.

I often feel like I'm at full-tilt or totally exhausted, but rarely a steady medium.

People have said I daydream a lot.

I have trouble with big, multi-step projects: I either can't get started on them, or I have to break them down into very small steps (which then can be tough to prioritize).

I have a lot of patience...until I don't, and then I snap with a quick temper.

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Whether I'm talking about 3 years ago or 3 weeks ago, I'll probably start describing it with, "The other day, I...."

If I have a plan in mind and something disrupts it, I may need a moment to regroup. I don't like plans getting derailed.

When I'm excited or disappointed, EVERYONE knows it. Some might even say I'm "too much."

It's pretty rare that I can leave the house the first time I walk out — usually, I have to go back at least once for something I've forgotten.

YAY! You made it! If your score is higher than 18-ish, you might want to ask a diagnostician about ADHD.

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