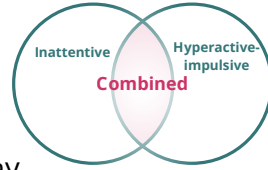


How might ADHD present?

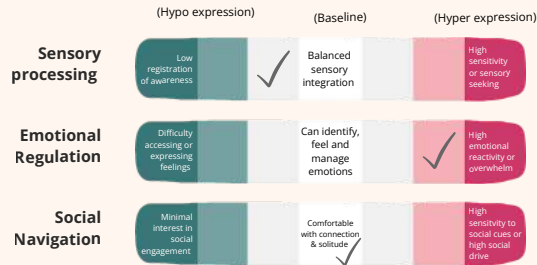
ADHD (Attention Deficit Hyperactivity Disorder) is a lifelong neurodevelopmental condition characterised by a consistent pattern of inattention and/or hyperactivity-impulsivity. These patterns may influence how individuals focus, manage tasks, and engage with their surroundings. People with ADHD often have different experiences of executive functioning and emotional regulation. Not everyone with ADHD is hyperactive.



EXAMPLE:

This handout helps you reflect on where you sit across a range of typical behaviours and traits. Everyone has a unique mix, and this tool can support self-understanding.

You may find it helpful to bring it to your GP appointment to guide the conversation.



What environment is this for?

Home

- **Hypo = experience to a lesser degree / less sensitivity**
- **Hyper = experience to a greater degree / greater sensitivity**

If you are wondering what other words mean, have a look at our glossary via the QR code.



What does my personal profile look like?

Think about the environment or situation you are filling this handout out for (e.g. work, family, home etc.) and write it down in the space provided. Then, for each item, tick the box that best represents where you 'sit' on the scale.

DISCLAIMER: This is a general reflection tool for everyone. It is not diagnostic or specific to any condition like autism or ADHD.

What environment is this for?

