

Strategy & Planning

Session Questionnaire-Adult



1. What's the most important thing you need to take away from this meeting?

2. How does your ADHD impact your life?

3. What have you tried before? What works? What hasn't?

4. What changes do you want to make/see in your life in the next 1-3 months? 6 months? 1 year?

5. What positive results will occur, will you experience, when you are at your fullest potential?

6. How will you feel if in one year nothing has changed?
