

WHAT PEOPLE THINK ADHD IS

Forgetful
Talking alot
Trouble Focusing
Always late
Fidgeting

WHAT ADHD REALLY IS

Poor sense of time
Depression
Poor impulse Control
Forgetting to eat, Sleep, go to the bathroom
Difficulty switching from one task to another
Anxiety
Working, short and long term memory challenges
Black and white thinking

Financial challenges
Executive Function Challenges
Difficulty with Relationships
Difficulty Following Conversations
Lack of adulting skills
Sensory integration disorder

Rejection sensitivity dysphoria
Low self-esteem
Procrastinating behavior
Difficulty making decisions
Difficulty keeping a job or changing jobs frequently
Sleeping difficulties

THE ADHD ICEBERG

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