



26 SYMPTOMS OF ADULT INATTENTIVE ADHD



1. You find it hard to focus, although you are physically still.
2. Your mind drifts off during conversations. You might have trained yourself to 'look' like you are listening so people don't think you are rude, or your eyes might drift to the nearest window.
3. People close to you complain that you forget things.
4. Attention to detailed tasks is incredibly challenging.
5. You find it difficult to follow verbal or written instructions.
6. Your physical environment is disorganized even though you try/aspire to be organized.
7. You lose essential items like keys, wallets, and passports.
8. You are frequently late for work or meeting friends and sometimes miss appointments completely.
9. You find completing a task from beginning to end hard. Motivation seems to dwindle halfway through, even if it is fun for you.
10. Finishing a task becomes extra hard if the job is boring, tedious, or stressful.
11. Paying attention to boring lectures or meetings is much harder.
12. You feel like you need more motivation to 'do' things. You might have been called "lazy".
13. Tasks seem to take you longer than other people.
14. You're generally cautious and avoid taking risks.
15. People often describe you as a daydreamer.
16. You might rush through a task to get it over with and later find you missed parts or made mistakes.
17. You are prone to procrastination.

18. You find it hard to block out noise.
19. You feel extra resistance to starting tasks that involve mental effort.
20. You experience fatigue or feel sluggish more than other people.
21. You are sensitive to noise, the textures of clothes, etc.
22. You heard the phrase 'Could try harder' at school (even if you were trying).
23. Breaking big projects into smaller steps doesn't come naturally to you and feels confusing.
24. You make what appear to be careless errors despite your best intentions.
25. You would describe yourself as shy.
26. You underestimate your abilities. You see yourself very differently from the capable and intelligent person others see.

