

Reframing of ADHD/ADD Symptoms	
SYMPTOM	REFRAMED
Easily distracted	Alert to what is going on
Distorted sense of time	Tireless when motivated
Impatient	Keen to get on with things
Has difficulty in following directions	Independent
Acts without considering consequences	Willing and able to take risks
Reckless	Fearless
Out of seat to often	Energetic and lively
Talking out of turn/calling out	Keen/impatient to contribute
Impulsive	Spontaneous
Won't wait his turn	Energetic, Tenacious
Deviates from the rest of the group	Individualistic/enquiring

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