

## **Focus on Attention: ADHD/ADD Symptoms Inventory Checklist.**

A person with ADHD/ADD typically has soft spots in specific skills. Those skills areas involve executive functioning, cognitive flexibility, language processing, emotional regulation and social interactions.

This checklist contains some of the typical characteristics of someone experiencing ADHD or ADD.  
Note: this checklist is a guide, not an objective assessment tool.

### **Executive Functioning**

- Difficulty handling transitions and shifting to another task or mindset.
- Poor sense of time and difficulty doing things in a logical or prescriber manner.
- Difficulty staying on a topic, sorting through ideas and keeping track of things.
- Difficulty considering the likely outcomes of his or her personal actions.
- Difficulty staying calm and collected to think rationally under multiple stresses.

### **Cognitively Flexibility**

- Concrete, black-and -white thinking, often seeing or feeling things in extreme terms.
- Insistence on sticking with rules, routine and an original plan, else becomes very anxious.
- Does poorly in circumstances which are ambiguous or have no immediate solutions.
- Difficulty appreciating another person's perspective or point of view.
- Doesn't take into account apparent facts that warrant readjusting a plan of action.

### **Language Processing**

- Often has difficulty expressing thoughts and needs of concern in words in a measured way.
- Displays long delays in responding to questions and may fidget or appear anxious.
- Often appears to not have understood what was said and loses track of details and some words.
- Difficulty saying or knowing how he or she feels and tends to use repetitive phrases or comments.

### **Emotional Regulation**

- Can easily become cranky, grouchy, grumpy or irritable beyond a source of typical stress.
- Often tends to be sad, tired, low in energy, and appears removed from others.
- Frequently appears nervous, preoccupied and avoidant of things which are pressing

### **Social Interactions**

- Difficulty attending to or misreading social cues and reacting with extreme skepticism.
- Inaccurate interpretations and/or distorted or paranoid perceptions of social situations.
- Difficulty starting conversations or entering a social group or connecting with people.
- Seems unaware of how their behavior is affecting other people and is surprised by that.
- Displays weak empathy for others and appears not to care how their behavior affects others.
- Poor sense of how he or she is coming across to others even when openly hostile.

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