

**Ten informal ADHD questions often used to gauge ADHD . The more that are present the more likelihood of ADHD.**

- ✓ Are you left-handed or ambidextrous?
- ✓ Do you have a family history of drug or alcohol, Abuse depression or manic? Depressive illness?
- ✓ Are you moody?
- ✓ Were you considered an underachiever at school or now?
- ✓ Do you have trouble getting started on things?
- ✓ Do you drum your fingers a lot, Tap your feet fidget or pace?
- ✓ When you read Do you find that you often have to re-read a paragraph or an entire page because you are daydreaming
- ✓ Do you tune out or space out a lot?
- ✓ Do you have a hard time Relaxing?
- ✓ Are you excessively impatient?
- ✓ Do you find that you undertake many projects simultaneously so that your life often resembles a juggler who's got six more balls in the air, then he can handle?

If you would like to explore your unique ADHD Symptoms and experiences in more depth.

Please feel free to get in touch.

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