



Before You Begin: 8 Tips to Get the Most from the Official ADHD Self-Test



UNTANGLE ADHD

This isn't a diagnosis — but answering with insight and honesty can help you start untangling the bigger picture.

1. Grab a Pen & Paper

Writing things down can help you process your thoughts, slow down your brain, and notice patterns in your answers.

2. Think Back to Childhood

ADHD symptoms usually begin in childhood — even if they weren't recognised. Reflect on how you were at school, at home, or in friendships.

3. Look Across All Areas of Life

ADHD can affect work, relationships, parenting, social life, and your ability to manage daily life. Consider how things show up in different spaces.

4. Pay Attention to the Effort It Takes

You may appear to cope — but at what cost? Masking, planning around symptoms, or pushing through constant overwhelm still counts.

5. Use the Prompts as Clues

If you're unsure about a question, use the examples or prompts to picture how that symptom might show up in daily life.

6. Trust Your Gut (Don't Overthink It)

Your first instinct is often the most accurate. ADHD brains can get stuck analysing — try not to over-edit your answers.

7. Ask Someone Who Knows You Well

A trusted partner, friend, or family member may offer helpful insights — especially around things you've normalised or stopped noticing.

8. You're Not Just Looking for 'Can't' — Look for 'Hard'

This isn't about whether you can do something. It's about whether it takes more time, energy, reminders, or emotional toll than it should.