THRIVE EMERGE

SO YOU THINK YOU HAVE EXECUTIVE DYSFUNCTION/ ADHD…
A QUICK ASSESSMENT

Ten questions to ask about you or your kid that can point you in the right direction:

1. Do I often find it hard to get started on tasks, even when I know they are important?
2. Do I struggle with staying organized, like losing items, misplacing documents, or having cluttered workspaces?
3. Do I frequently forget appointments, deadlines, or important tasks, even though I know they are coming up?
4. Do I often leave tasks incomplete or struggle to follow through on projects I start?
5. Do I find it difficult to manage my time effectively, often running late or procrastinating until the last minute?
6. Do I have trouble prioritizing tasks, often spending too much time on less important activities?
7. Do I find it hard to stay focused on one task for long periods, and do I often get distracted?
8. Do I have a tendency to make impulsive decisions without thinking through the consequences?
9. Do I struggle to adapt to changes in plans or routine, feeling upset or overwhelmed when things don't go as expected?
10. Do I have trouble managing my emotions, especially when under stress or when things aren't going well?