

## AD/HD

### How Do I Know If I Have It?

1. Did you think this document downloaded too slow?
2. Did someone tell you to read this list?
3. Do you have a child with AD/HD?
4. Do you have a family history of drug or alcohol abuse, depression, or manic-depressive illness?
5. Are you moody?
6. Were you considered an underachiever in school? Now?
7. Do you have trouble getting started on things?
8. Do you drum your fingers a lot, tap your feet, fidget, or pace?
9. When you read, do you find that you often have to reread a paragraph or an entire page because you are daydreaming?
10. Do you tune out or space out a lot?
11. Do you have a hard time relaxing?
12. Are you excessively impatient?
13. 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 than he can handle?
14. Are you impulsive?
15. Are you easily distracted?
16. Even if you are easily distracted, do you find that there are times when your power of concentration is laser-beam intense?
17. Do you procrastinate chronically?
18. Do you often get excited by projects and then not follow through?
19. More than most people, do you feel that it is hard for you to make yourself understood?
20. Is your memory so porous that if you go from one room to the next to get something, by the time you get to the next room you've sometimes forgotten what you were looking for?
21. Do you smoke cigarettes?
22. Do you drink too much?
23. If you have ever tried cocaine, did you find that it helped you focus and calmed you down, rather than making you high?
24. Do you change the radio station in your car frequently?
25. Do you wear out your TV remote-control switch by changing stations frequently?
26. Do you feel driven, as if an engine inside you won't slow down?
27. As a kid, were you called words like, "a daydreamer," "lazy," "a spaceshot," "impulsive," "disruptive," "lazy," "airhead," or just plain "bad?"
28. In intimate relationships is your inability to linger over conversations an impediment?
29. Are you always on the go, even when you don't really want to be?
30. More than most people, do you hate waiting in line?
31. Are you constitutionally incapable of reading the directions first?
32. Do you have a hair-trigger temper?
33. Are you constantly having to sit on yourself to keep from blurting out the wrong thing?
34. Do you like to gamble?
35. Do you feel like exploding inside when someone has trouble getting to the point?
36. Were you hyperactive as a child?
37. Are you drawn to situations of high intensity?
38. Do you often try to do the hard things rather than what comes easily to you?
39. Are you particularly intuitive?
40. Do you often find yourself involved in a situation without having planned it at all?
41. Would you rather have your teeth drilled by a dentist than make or follow a list?
42. Do you chronically resolve to organize your life better only to find that you're always on the brink of chaos?