

# ADHD CHECKLIST: BUILDING YOUR INDIVIDUAL ACTION PLAN



**Gathering your ADHD symptoms to create an individual action plan is essential because it allows you to understand your *unique challenges and strengths*.**

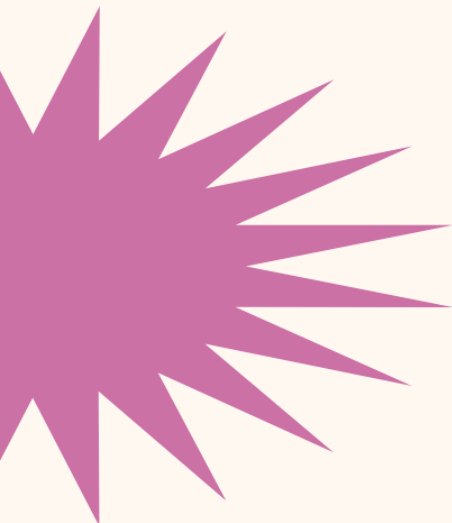
**By identifying the specific ways ADHD affects your daily life, you can:**

**Tailor Strategies** and develop targeted, bespoke interventions and coping strategies that address your personal difficulties

**Set Realistic Goals:** Establish clear, achievable objectives based on your actual experiences rather than general assumptions.

**Monitor Progress:** Track changes over time, which helps you see what works, review and adjust strategies as needed, and celebrate improvements.

**Enhance Self-Awareness:** Gain a deeper understanding of your behavior patterns, making it easier to communicate your needs in relationships with others.



**I appreciate there are a lot of items on this checklist and it might feel a bit overwhelming. If that is the case, please break it down and do a few pages at a time. In total, it should not take more than 20 minutes.**



# THERE ARE TEN AREAS OF DISREGULATION:

## 1. ATTENTION AND EXECUTIVE FUNCTIONING

**Which of the following features do you recognise (please tick):**

- Mind wandering
- Difficulty sustaining attention in tasks (half read paragraphs, repeat questions)
- Forgetfulness (difficulty to hold current things in mind)
- Hyperfocus (special interests, can change often)
- Procrastination (except in specific areas of interest or when there are serious consequences)
- Disorganisation (decision making, forward planning, being on time, following instructions, correct order, time keeping, meeting deadlines, managing personal health, relationships, finance)
- Difficulty sticking to routines or getting back on track if routine is broken
- Recurrent mistakes, periods of crisis and overwhelm.
- Time management issues (lateness etc with a negative impact on relationships)
- Running out of time (exams, projects, deadlines)



## 2.ACTIVITY

**Which of the following features do you recognise (please tick):**

- Difficulty staying still (restlessness or hyperactivity)
- Non-stop mental activity
- Talking excessively
- Difficulty stopping activities and relaxing
- Physical and mental exhaustion (leading to burnout)
- Apathy, motivational issues and boredom
- Social withdrawal
- Overexcitement
- Sexual difficulties due to apathy or excitability



## 3. IMPULSIVITY

**Which of the following features do you recognise (please tick):**

- Problems of weighing up consequences and delaying gratification
- Disordered eating (under, over or mindless eating)
- Self harming
- Careless driving (risk taking, road rage etc)
- Alcohol and substance misuse (nicotine, caffeine, cannabis, cocaine) often as self-medication, difficulty knowing when to stop
- Spending money impulsively
- Other addictive tendencies such as screen use, gambling



## 4. EMOTION

**Which of the following features do you recognise (please tick):**

- Anxiety (generalised, social)
- Rapid mood shifts
- Quick to anger or easily frustrated
- Difficulty relaxing and unwinding due to background
- Excitability
- Heightened sensitivity to rejection and criticism, heavy burden of shame



## 5. REWARD/PLEASURE SEEKING

**Which of the following features do you recognise (please tick):**

- Risk taking, novelty, sensation seeking
- Alcohol and substance misuse
- Tendency to generate conflict or crises unconsciously, in an attempt to self-regulate
- Boredom with short-lived interests and endeavours
- Being in the moment (difficulty of thinking of future impact)



## 6. SENSORY PROCESSING

**Which of the following features do you recognise (please tick):**

- Sensory over-reactivity (notice and react more intensely to sensory stimuli, such as sounds, sights, smells, tastes, or touch)
- Sensory under-reactivity (poor body awareness, clumsiness or movements that are not graded appropriately, children may not perceive objects that are too hot or cold or they may not notice pain in response to bumps, falls, cuts, or scrapes)
- Sensation-seeking behaviour (engage in risky behaviors, such as gambling, drinking, smoking, or reckless driving, pursue adventurous sports or hobbies, choose complex and creative jobs)
- A tendency to get overwhelmed, leading to dissociation and shutdown



## 7.TIME APPRAISAL

**Which of the following features do you recognise (please tick):**

- Time blindness (imagining things take much longer or shorter time when planning journeys etc)
- Time management issues (lateness etc with a negative impact on relationships)
- Running out of time (exams, projects, deadlines)





## 8. SLEEP RHYTHM

**Which of the following features do you recognise (please tick):**

- Delayed sleep and wake times
- Going to bed late
- Sleep deficit
- Daytime tiredness with knock on effects on learning and function
- Restless legs and sleep apnea



## 9. IMMUNE FUNCTION AND INFLAMMATORY STATUS

**Which of the following features do you recognise (please tick):**

- Heightened sensitivity and chemical sensitivity (skin rashes, nausea or vomiting, bloating, gas, diarrhoea, confusion or memory loss, asthma or trouble breathing, fatigue, joint pain or muscle aches, changes in heart, sneezing, congestion and sore throat)
- Higher levels of inflammation in multiple body systems
- More infections (eg tonsilitis)



# 10. AROUSAL AND ENERGY

**Which of the following features do you recognise (please tick):**

- Boom and bust pattern – difficulty pacing
- Physical and mental exhaustion (can lead to burnout)
- Problems with blood sugar regulation
- Sleep disturbance
- Hyperfocus and perfectionism
- Under arousal and motivational issues
- Deregulatory stress response leading to hypervigilance (high alert)
- Disregulated autonomic nervous system (ANS – fight or flight response, relax and digest) eg dizziness and fainting, POTS



# POSITIVE ATTRIBUTES

**Which of the following features do you recognise (please tick):**

- Innovative thinking
- Creativity
- Problem solving skills (good in a crisis)
- Resilience and tenacity
- Empathy, compassion and a forgiving nature
- Fairness and a strong moral compass
- Healthy risk-taking and spontaneity and learning growth that comes from it
- Fun-loving and playful (often great with children and pets)
- Engaging, funny and charismatic. Often the life and soul of the party and the last to leave.
- Passionate and motivated (in short bursts)

**Thank you for taking the time to work through the checklist. I will use it to create your individual treatment plan and we will refer back to this to help us review progress.**

