Adult ADHD Symptom Checklist

This checklist is designed to help you identify patterns that may indicate ADHD or related executive functioning challenges. It is not a diagnostic tool, but it can be helpful to discuss with a licensed clinician during your ADHD assessment for adults.

Common Symptoms and Behaviors:

- Difficulty focusing on tasks or conversations
- Procrastination or trouble starting projects
- Frequently losing items (keys, wallet, phone)
- Feeling restless or unable to relax
- Time blindness (underestimating or overestimating how long tasks take)
- Mood swings or emotional sensitivity
- Trouble finishing tasks once started
- Disorganization at work or home
- Impulsivity (interrupting, making quick decisions without planning)
- Periods of hyperfocus on certain interests or hobbies
- Forgetfulness (appointments, deadlines, instructions)
- Chronic feelings of being overwhelmed or behind
- Difficulty prioritizing tasks or managing schedules
- Trouble regulating energy levels—feeling either overstimulated or exhausted
- Challenges with productivity despite working long hours

If you identify with several of these patterns, consider scheduling an ADHD assessment for adults at Indigo Therapy Group. Professional testing can provide clarity, strategies, and recommendations tailored to your unique needs.