

## Another ADD Self-Rating Test

Yes                  No

1. I'm late much more than most people.
2. I can't wait until other people stop talking before interrupting.
3. I daydream a lot and often people say to me, 'Did you hear me?'
4. If I like what I'm doing, I can spend much more time than others on it.
5. Sometimes, I feel like a fish out of water.
6. Sometimes, I forget to Eat meals.
7. I start projects but finish few of them.
8. I often blurt out remarks and | regret it later.
9. I hate stopping at red lights.
10. It's very hard for me to tell what others think of me.
11. I build up a lot of debt on my credit cards.
12. I feel nervous and restless
13. I have lost more than five things this week.
14. I can get lost in my own city.
15. I have locked myself out of my car more than once in a year.
16. I feel like screaming when traffic is heavy.
17. I forget to pay bills, even with a second or third notice. This has affected my credit rating.
18. I feel very stressed out much of the time.
19. Coffee, cola or chocolate seems make me feel better. They calm me down.

20. I lose my temper easily over trivial things.
21. As a child, it was hard for me to concentrate on reading, either at school or at home. I still have some trouble paying attention when I'm reading.
22. People I care about say that I don't understand them.
23. I must often reread material before it sinks.
24. I have trouble starting projects.
25. I tend to make snap judgments.