

# Adult ADHD Symptom Checklist

Downloaded from [myadhdpath.co.uk](http://myadhdpath.co.uk)

Below is a self-assessment checklist of common ADHD symptoms in adults. Please tick the boxes next to symptoms you experience regularly. This is **not a diagnosis** — only a healthcare professional can diagnose ADHD.

## ATTENTION & FOCUS

- Difficulty sustaining attention on tasks or conversations
- Easily distracted by external stimuli or intrusive thoughts
- Frequently losing or misplacing items (keys, phone, documents)
- Forgetting appointments, deadlines, or commitments
- Difficulty following multi-step instructions
- Avoiding tasks that require sustained mental effort

## ORGANISATION & TIME MANAGEMENT

- Difficulty organising workspace, home, or files
- Struggling to prioritise tasks; unclear where to start
- Frequently running late despite good intentions
- Starting many projects but rarely finishing them
- Poor sense of time; losing track of how much time has passed

## HYPERACTIVITY & RESTLESSNESS

- Fidgeting, tapping fingers, bouncing legs, or frequent movement
- Difficulty sitting still or staying in one place
- Talking excessively or interrupting others
- Feeling internally restless or 'wired' even when tired

## IMPULSIVITY

- Interrupting or speaking before others finish talking
- Difficulty waiting your turn in conversation or queues
- Impulsive spending or risky financial decisions
- Acting on urges without thinking through consequences

## EMOTIONAL REGULATION

- Intense emotional reactions to perceived criticism or rejection
- Rejection sensitivity — taking comments personally
- Mood swings or sudden shifts in emotional state
- Quick to anger or frustration with minor inconveniences

## IMPACT ON DAILY LIFE

- Relationship difficulties due to forgetfulness or distraction
- Work or study performance affected by focus/organisation issues
- Low self-esteem, feeling 'lazy' or 'unmotivated'
- Exhaustion from 'masking' symptoms or overcompensating

## SCORING GUIDE

**0-5 boxes ticked:** Limited ADHD symptoms; consider other factors for any difficulties.

**6-12 boxes ticked:** Some symptoms present; worth discussing with a healthcare provider.

**13+ boxes ticked:** Multiple symptoms across several areas; strongly consider ADHD assessment.

**Remember:** This is a self-screening tool, not a diagnosis. Only a qualified healthcare professional can diagnose ADHD.