

Symptoms of ADHD in Adults

Symptom	Features
Disorganization and Difficulty with Task Completion	<ul style="list-style-type: none"> • Poor organizational skills • Chronic procrastination or trouble getting started • Working on many projects simultaneously • Trouble with follow through on promises or commitments and/or difficulty adhering to set timelines • Changing plans regularly, enacting new schemes or career plans and the like • Difficulty structuring time and setting priorities (e.g., chronic lateness)
Impulsivity	<ul style="list-style-type: none"> • A tendency to say what comes to mind without considering the timing or appropriateness of the remark • Difficulties with self-control • Spontaneous, spur-of-the-moment behaviors or comments • Frequently interrupting others when they are talking • A tendency toward addictive behaviors
Hyperactivity	<ul style="list-style-type: none"> • Physical or cognitive restlessness • Craves excitement, frequently searching for high stimulation • An intolerance of boredom
Attention Problems	<ul style="list-style-type: none"> • Easily distracted, trouble focusing attention (e.g., tunes out or drifts away in the middle of a page or a conversation), losing stuff • Chronic forgetfulness • Inaccurate self-observation
Emotional Instability	<ul style="list-style-type: none"> • An ongoing tendency to worry excessively, that may alternate with disregard for actual dangers • A sense of insecurity • Mood swings • Chronic problems with self-esteem • Frequent boredom and discontent • A chronic sense of underachievement, of not meeting one's goals, regardless of actual performance
Low Stress Tolerance	<ul style="list-style-type: none"> • Impatient, doesn't deal well with frustration • Easily flustered, tense • Exaggerates the significance of negative events (i.e. makes "mountains out of molehills") • Short temper, likely with a history of explosive episodes