

The Coping with Adult ADHD (or ADHD like) challenges: Self-Assessment

Step 1: Check the following skill and knowledge areas and indicate those you have achieved mastery in.

Awareness

I have a good understanding of symptoms of ADHD including inattention, hyperactivity, and impulsivity.

I understand that ADHD does not mean that someone is lazy.

I understand that ADHD is more than just forgetfulness or occasionally being distracted.

I know there are several treatment options for ADHD including medication and Cognitive Behavioural Therapy.

I understand that it takes practice and a lot of effort to master your ADHD.

I understand that ADHD can impact relationships and that education and understanding from spouse and family members is very helpful.

Score/6: _____

Organisation and planning

I have set concrete, realistic goals for myself when it comes to organisation and planning.

I have taken active steps toward implementing coping strategies to improve my organisation and planning.

A calendar and task list have been implemented as the bedrock of my coping strategy.

I no longer use pieces of paper to keep track of tasks.

I have strategies to manage multiple competing tasks and can prioritise them.

Structured problem solving is a skill that I use to deal with overwhelming tasks.

I understand how to “chunk” tasks out into more manageable steps.

I have a mail sorting system and an organisational system to store and sort files.

Score/8: _____

Fostering attention

I have gauged my attention span and tailored my workflow to maximise my time “in the zone”.

I have a strategy to delay distractions.

The spaces where I live and work have been curated so that I have minimal distractions.

I have figured out a way to monitor my attention levels and refocus back to task.

Keeping track of important objects is no longer a problem for me because I have a system.

Score/5: _____

The right mindset

I am aware of negative and interfering thoughts and have strategies to keep them in check.

The types of unhelpful thoughts (cognitive distortions) are something I am familiar with and able to identify.

I know what a thought record is and how to complete one.

I have developed an “inner coach” who helps me to restructure my thinking.

Score/4: _____

Step 2: Count the score for each area and write in the space provided.

Step 3: Add the scores from each coping area to arrive at a total score.

Total/23: _____

Step 4: How did you score? Were you strong in some areas with weaknesses in others?

Areas of strength: _____

Areas of weakness: _____

Step 5: Indicate below which score range your total score fell in and see guidance on interpreting your total score.

0-8 = Some basic coping skills and knowledge – Let’s get to work!

9-17 = Moderate coping skills and knowledge – Let’s hone your skills and problem solve any obstacles to implementation.

18-23 = Well-developed coping skills and knowledge – Support to maintain your skills and deepen self-awareness.

Please note, this is a self-assessment tool and does not replace qualified assessment and recommendations provided by appropriately qualified health professionals. If you feel that you are not coping, please reach out to a GP, psychologist, psychiatrist or other professional for support and guidance.