

Answer these questions with a yes or a no. Try to answer as naturally and immediately as possible, without thinking too hard about them. Also, answer according to how you have been through your whole life, not just recently or for a period of time. It is often helpful to answer them yourself on a separate piece of paper, and then when you are finished, hand the questionnaire to someone who is very close to you, to answer about you. Often they notice things about you that you have perhaps chosen to not notice.

1. Do you get distracted easily when tasks are uninteresting or difficult? Do you find you have trouble focusing attention, or a tendency to 'tune out' or drift away in the middle of a page or conversation, coupled with a marked ability to HYPERFOCUS at times, on interesting activities?
2. Do you have difficulty concentrating on ONLY ONE THING AT A TIME? Does it feel as though your brain is a computer with many windows open and operating at one time? Does it feel as though your mind sometimes gets so cluttered that it becomes difficult to function methodically and calmly?
3. Have you usually had difficulty in getting organised and staying that way? Without the external structure of school, parents or strict routines, do you stagger under the multiple demands of daily life? Do you have trouble planning in what order to do a series of tasks or activities when they all need to be done?
4. Do you often forget things such as appointments or obligations? Do you easily forget where you put things at home or work, and forget to get around to tasks you had originally planned to do before other things cropped up?
5. Do you have problems with time management and lose track of time often?
6. Do you have trouble following directions that have multiple steps? Do you battle to prioritise information?
7. Do you find yourself working on many projects at the same time, but with few reaching completion?
8. Do you often find it difficult getting started with a new project? Do you find that you procrastinate and put off tasks that mount up in both urgency and size causing anxiety and guilt?
9. Do you get impatient, frustrated and irritable with yourself and others?
10. Do you have a tendency to get easily bored, or lose interest/motivation over a longer period of time, when you started off with a lot of energy/motivation? Does this constant need for stimulation lead to others viewing you as immature or insatiable, which causes you to get angry or withdraw?
11. Do you have a restive search for high stimulation? Are you on the lookout for something exciting, engaging and appealing enough to keep up with the whirlwind that's rushing inside? Often this prevents one from being able to just 'get off the treadmill' and relax: one relaxes with external stimulation (TV, constant socialising or some form of external entertainment).
12. Do you find that you often have racing thoughts; your mind works very quickly and ideas shoot around your head like a pinball machine?
13. Do you find it difficult to read written material unless it is very easy or very interesting to you?

14. Could you be described as often creative, intuitive, highly intelligent, even in the midst of distractibility, disorganisation and a constantly busy mind?
15. Do you have a tendency to say what comes to mind without necessarily considering the timing or appropriateness of the comment? Do you sometimes find that you speak or act before considering the impact on other people? Exuberance and enthusiasm often speed before tact?
16. Do you find that you act quickly and on impulse, such as impulsively spending money, changing plans, enacting new schemes and career plans? Do you easily take risks?
17. Do you have addictive tendencies? Compulsive eating, shopping, drinking, gambling or overworking? Have you been addictive or used 'crutches' to keep going or to feel better?
18. Could you be described as restless or 'antsy'; feeling edgy while at rest; drumming of fingers, moving of feet, shifting position often?
19. Have you always had trouble with going through established channels; following proper procedure. Do you get bored and frustrated with the 'usual' way of doing things, and feel more interested in finding a new and novel approach?
20. Do you have the tendency to worry needlessly; a tendency to scan the horizon for possible impending doom so you can feel 'prepared' for any unpleasant surprises, whilst often disregarding actual danger? Worry is what attention turns to when it is not focussed on a task.
21. Do you have mood swings, especially when disengaged from a person or project? Frustration, anger and resentment at not being able to reach your full potential when an external source is no longer driving you?
22. Have you always had problems with self esteem? Have there been years of 'conditioning'; being told one is a 'space cadet', 'lazy', weird, different, on another planet etc., and frustration with not getting it right regardless of the effort?
23. Do you have a regular sense of underachievement or of not meeting your goals (regardless of how much you have actually accomplished). Would people describe you as being competent, but you feel as though you are floundering, unable to capitalise on your innate potential?
24. Do you have an inaccurate self-observation? Do you find that you often gauge inaccurately the impact you have on other people, often leading to big misunderstandings and deeply hurt feelings?
25. Do you tend to make careless mistakes, or overlook the 'small details' when in full-swing of a big or long project?
26. In groups, do you find it difficult to keep up with a flow of conversation, or find it hard to stay focused on the topic being discussed; getting bored and daydreaming easily?
27. Do you have a quick temper? A short fuse? Do you get irritable by minor annoyances?
28. Have you been described as overly sensitive or having a thin skin; things upset you easily?
29. In conversations with people, do you often finish sentences for people, or begin answering them before they have finished asking the question?
30. Do you find that you are always on the go; feeling more comfortable when moving around, doing things than sitting still?
31. In group situations, do you find it difficult to wait your turn, and often end up 'leading' a conversation, often bulldozing through others' comments?

32. Do you have a history of any mental illness (depression, anxiety, substance abuse, mood disorders, impulse control disorders, manic depressive illness or ADD)?

These questions have been extracted from 3 sources: Dr Edward Hallowell and John Ratey; Larry Jasper and Ivan Goldberg, and the Adult Connors quizzes. This is not meant to be a diagnostic tool, nor one that places someone into a disease category. It is to be used as a layperson's guide, from which to decide whether a professional diagnosis and/or treatment needs to be sought out. If many of these questions have been answered yes, then I would suggest that you contact a professional who is fully qualified to diagnose and treat adult ADD, for a full assessment and treatment if necessary, because this may be a reason for many failed dieting attempts.