



ADHD Symptom Wheel

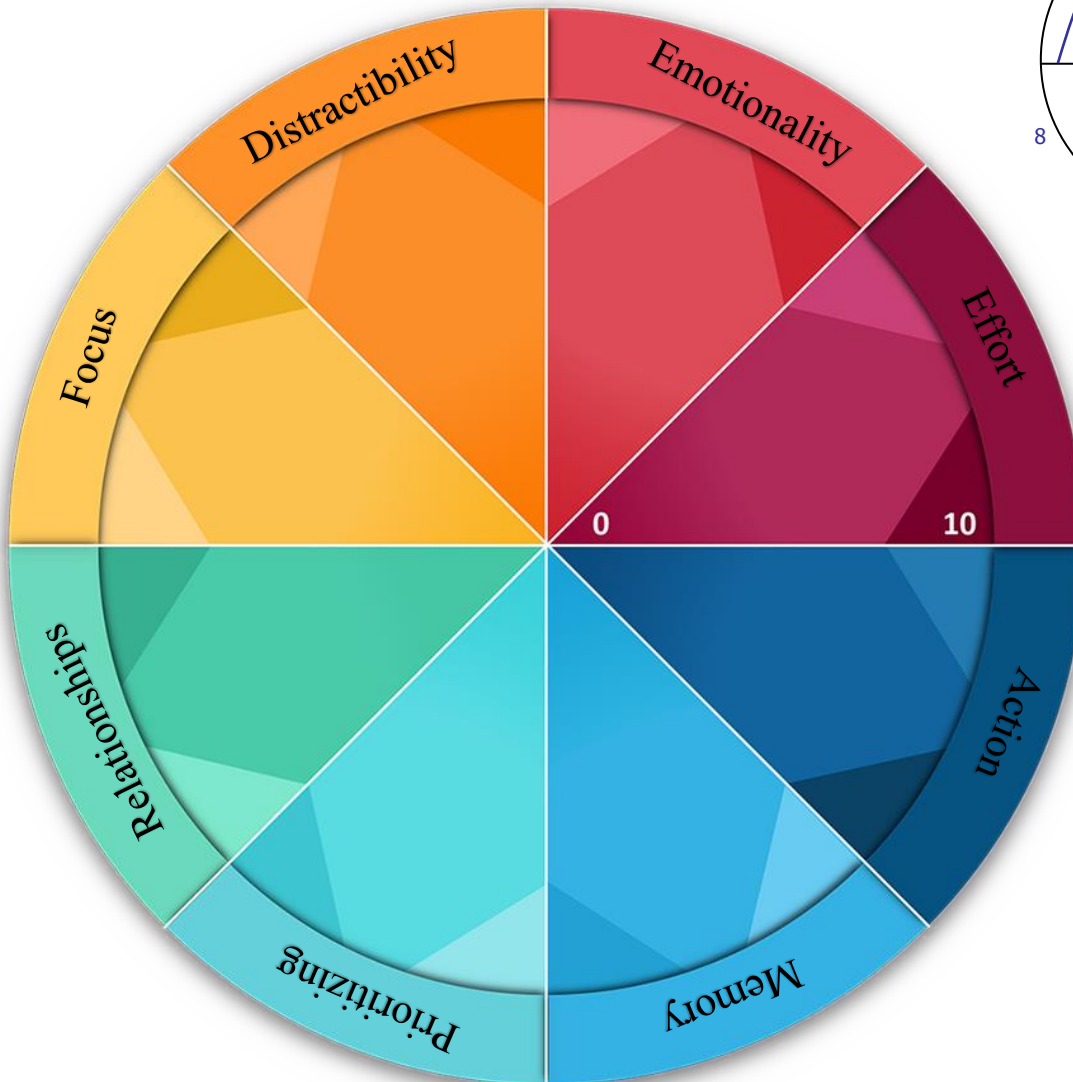
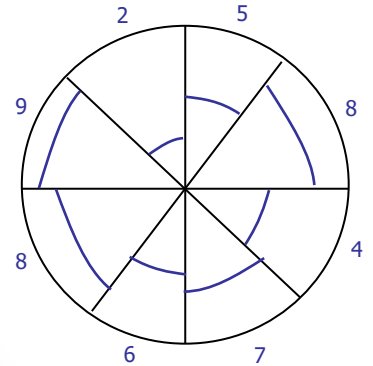


Artemis Assessment & Treatment Centre

NAME: _____

DATE: _____

EXAMPLE



YOUR WHEEL INSTRUCTIONS

The 8 sections in the Wheel of Life represent how your ADHD symptoms feel to you.

- **Draw a line** across each segment that represents your symptom score for each area.
 - Imagine the centre of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (not very impactful) and 10 (highly impactful)
 - Now draw a line and write the score alongside (see example above)
 - The new perimeter of the circle represents **your Wheel of ADHD**.
 - What do you want to work on first?

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!



Questions to ask yourself

FOCUS

- How well are you able to focus on tasks that you do not enjoy?
- Are you able to stay on task for these things for long periods of time (10) or does your attention fade quickly (1)?
- Do you lose track when you are reading, listening, or talking with someone?

DISTRACTIBILITY

- How often are you distracted by noise when you are trying to focus?
- Do you get started on a task and then move on to others quickly?
- Do you lose track of conversations?

EMOTIONALITY

- Are you quick to anger?
- Do you get sad very easily?
- Do you have trouble containing your emotions or blank out in emotional conversations?

EFFORT

- Do you put in tons of effort but achieve little?
- Do you run out of steam on tasks or chores quickly?
- Do you struggle with getting to things on your to do list?

ACTION

- Do you wobble or bob your legs frequently?
- Do you have trouble sitting for long periods of time?
- Are you fidgety?

MEMORY

- Do you lose things often (keys, phone)?
- Do you agree to do things and then forget that you ever agreed?
- Do you lose track in long conversations? Blank out?

PRIORITIZING

- Do you struggle with organization?
- Is it hard for you to get started on big projects?
- Do you sit and ponder for a long time before beginning, and then never start?

RELATIONSHIPS

- Are you frequently told that you are not listening?
- Are you having struggles with friends or family members who just do not seem to understand you?
- Do you feel frequently blamed for things beyond your control?