

Day 1 Worksheet

Building Your Awareness

*Decode Your
ADHD*

1. What things do you like? (e.g. Places, Textures, Tastes, Sounds, Smells)

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What things don't you like?

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2. What is it that you like or don't like about these things?

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3. What sense are involved, and how do they make you feel?

4. Do certain senses feel turned up, and others turned down?

5. What activities or subjects are you naturally good at,
and what do you struggle with?

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6. What is your energy level like - hyperactive or exhausted? Or both?

7. How do you experience ADHD? How do you know you are ADHD?

8. What is your internal chatter like? What thought patterns are you aware of?
