ADHD, *the basics.*

ADHD is a neurodevelopmental difference in how you regulate attention, activity level, impulses and emotions. It isn't a *lack* of attention — it's difficulty **directing** attention where you choose, when you choose.

OFTEN DESCRIBED AS
an interest-based nervous system

Importance *vs.* interest

WHAT GETS THE ENGINE GOING

MANY BRAINS RUN ON



Importance

"It matters, so I'll do it" — even when it's dull.

vs.

MANY ADHD BRAINS RUN ON



Interest	Novelty	Challenge	Urgency	Passion
It grabs you	It's new or fresh	It's a puzzle to crack	A deadline is close	It means a lot to you

Low on all five? Starting can feel impossible. That's about **fuel**, not character.

Three ways it can show up

01 Mostly inattentive

- Drifting off mid-task or mid-conversation
- Losing track of things, time or steps
- Hard to start or finish dull tasks

02 Mostly hyperactive-impulsive

- Restless body, hard to stay still
- Speaking or acting before thinking it through
- Waiting feels really hard

03 Combined

- A mix of both patterns
- Which side leads can shift over time
- Often looks different at home vs. work or school

Hyperactivity can be internal. For many people — especially adults — it looks less like bouncing off walls and more like a busy mind that won't switch off.

Myths *vs.* what's true

~~"It's just a kid thing."~~
→ **For many people, ADHD continues into adulthood.**

~~"People with ADHD can't focus."~~
→ **Many can hyperfocus on whatever grabs their interest.**

~~"They just need to try harder."~~
→ **Effort isn't the gap — the right supports are.**

STRENGTHS
many describe...

Creativity · Energy & enthusiasm · Hyperfocus · Calm in a crisis · Big-picture ideas · Humor · Curiosity

Continued on back: go deeper →

Find your *fuel.*

Work through these alone, in session, or with someone you trust. Short answers count. Jump around — start with whichever one grabs you.



01 *Think of a time you got lost in something for hours. Which of the five fuels — interest, novelty, challenge, urgency, passion — was running?*

02 *Pick one task that keeps stalling. Which fuel could you add to it — a timer, a twist, a partner, a reward?*

03 *Where does your restlessness show up — in your body, in your mind, or both? What helps it settle?*

04 *When have you been told to "just try harder"? What support would have actually helped in that moment?*

05 *Which ADHD strength do you see in yourself or someone close to you? Where does it get to shine?*

TRY THIS WEEK

Pair one dull task with one fuel. What did you try, and how did it go?