

Focus/Attention Audit

Consider these symptoms in the home, work/school and social settings:	Never	Rarely	Sometimes	Often	Very Often
I overlook or miss important details					
I struggle with staying focused throughout meetings and/or conversations					
I become distracted during conversations					
I begin tasks but quickly lose focus					
I am disorganized, messy and/or miss deadlines					
I avoid or procrastinate completing paperwork and/or lengthy reports					
I lose everyday items like phone, keys and/or glasses					
I find myself being easily distracted and/or my mind wanders easily					
I forget to pay bills, return phone calls and/or pay my bills on time					
I tap my fingers, feet and/or squirm in my seat					
I struggle to remain seated for long periods of time					
I feel restless and/or "on edge"					
I struggle with sitting through long presentations or movies					
I feel uncomfortable being still for long periods of time					
I talk excessively while also missing and/or ignoring social cues during the conversation					
I interrupt others and/or cut others off during conversation and/or while driving					
I struggle with waiting in line and/or slow traffic					
I struggle with inserting myself into the conversations, activities and/or situations of others					
I feel overly active and compelled to do things like I'm being driven by a motor (Energizer Bunny)					
I struggle to get started on a detailed or lengthy project					
I struggle getting started on an activity that requires a lot of thought or concentration					
I have difficulty getting things in order when I do a task that requires organization					
Additional information:					