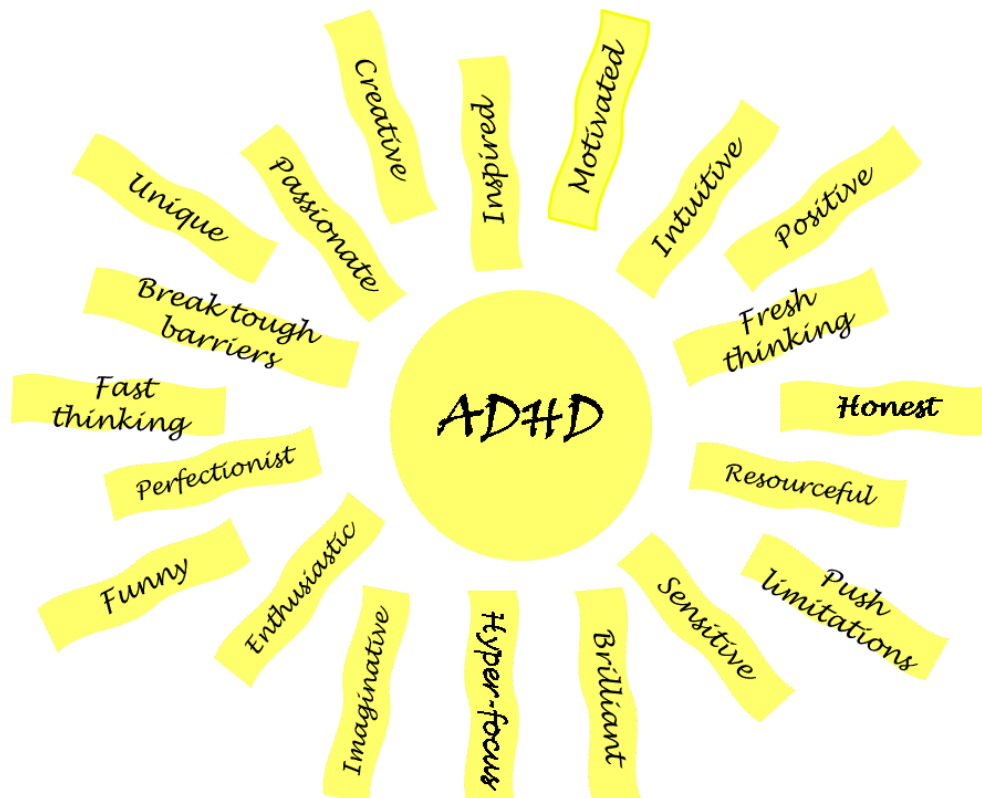


Positives of ADHD

Understanding, embracing and celebrating different ways of thinking and doing can release the true power of your mind. This handout details just some of the many positive features of ADHD. Every experience of ADHD is unique, and no one will identify with every feature. We all have individual skills, attributes and characteristics that are as unique as our personalities. This is the power of neurodiversity.



The drive of **hyperfocus**

Resilience

A sparkling **personality**

Generosity with time, money and resources

Ingenuity

A strong sense of what is **fair**

Resourceful

Willingness to **take risks**

Exciting and **fun** to be around

Empathetic



Making **far-reaching analogies** that no one else understands

Spontaneity

A '**Ferrari**' brain

Pleasant and constant **surprises** due to finding things you forgot about

Being **funny**

Being a good **conversationalist**

Innovative

An innate understanding of intuitive **technologies**, like computers

Highly **verbal**

Good in a **crisis**

Compassionate and sensitive to others

Persistence

Joining the **creative types**, like an artist, musician, or entrepreneur

Imaginative

Always being able to provide a **different perspective**

Energetic

Willingness to **fight** for what you believe in

Warm hearted and **helpful**

Excellence in **motivating others**, being highly organised punctual