**Male Adult ADHD Self Assessment Worksheet**

**Introduction**

Welcome to the Adult ADHD Self-Assessment Worksheet—a thoughtfully designed tool adapted from established instruments like the ASRS (Adult ADHD Self-Report Scale). This worksheet is intended to help you reflect on and evaluate aspects of attention, impulsivity, and hyperactivity in your daily life. Many adults find that the symptoms of ADHD can influence their organization, focus, and overall productivity, often in subtle ways that impact work, relationships, and personal well-being. By engaging with this self-assessment, you are taking an important step toward understanding your unique cognitive profile and identifying areas where additional support or strategies might be beneficial.

This tool is not designed to diagnose ADHD, but rather to serve as a starting point for self-reflection and informed conversations with healthcare professionals. As you work through the questions, you will be invited to rate how frequently you experience certain symptoms and to reflect on the challenges these behaviors might present. This process is meant to empower you by increasing your self-awareness, helping you pinpoint patterns that may be affecting your daily life, and ultimately guiding you toward strategies that can enhance your focus and organization.

Before you begin, please remember that this self-assessment is for informational purposes only. It is intended to complement, not replace, professional evaluation and guidance. If you have concerns about attention or impulsivity that are impacting your life, consider discussing your results with a mental health professional who can provide further insights and recommendations. With an open mind and a spirit of inquiry, let’s explore the nuances of your attentional habits and impulsive behaviors.

**Instructions**

Reflect on your experiences over the past six months. For each statement below, please indicate how often you have experienced the described symptom or behavior by selecting the option that best reflects your experience:

* **0** – Never
* **1** – Rarely
* **2** – Sometimes
* **3** – Often
* **4** – Very often

After each question, use the provided space to write down any thoughts or specific examples that might clarify how these symptoms manifest in your life. Your honest reflections can serve as valuable insights for both personal growth and, if needed, professional discussions.

**Questions**

1. **I find it difficult to stay focused on tasks for an extended period.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Consider situations at work or home where distractions have interfered with your concentration. What types of tasks tend to be most challenging?
2. **I often lose track of details or make careless mistakes in my work or daily activities.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on specific instances where a lack of attention to detail has led to errors. How does this affect your overall productivity?
3. **I frequently find myself fidgeting or feeling restless, even in situations that require calm and focus.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Note any recurring physical signs of restlessness. In what settings do you feel this most acutely, and how do you manage it?
4. **I struggle with organizing tasks, priorities, or time effectively.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Consider how disorganization affects your daily routine. What specific challenges do you face when trying to manage multiple responsibilities?
5. **I often act or speak impulsively without thinking through the consequences.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on instances where impulsivity has led to unexpected outcomes. How do these behaviors impact your relationships or decision-making?
6. **I find it difficult to complete tasks, even when I start them with enthusiasm.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Think about tasks or projects that you initiate but struggle to finish. What factors do you believe contribute to this pattern?
7. **I am easily distracted by extraneous stimuli (e.g., noise, activity, or visual clutter).**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Identify the types of distractions that most affect you. How do these interruptions influence your ability to stay on track?
8. **I have difficulty following through on instructions or sustaining attention during conversations.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Consider how challenges in sustained attention affect your interpersonal relationships. What strategies, if any, have you found useful in these situations?

**Scoring Your Assessment**

Add your scores for each question to determine your overall attention and impulsivity score. A higher total may indicate that ADHD-related symptoms are significantly affecting your daily life. Reflect on the areas where you scored the highest, as these might be key focus points for developing improved strategies or seeking professional guidance.

**Reflection:**  
Review your total score alongside the personal reflections you’ve written. What patterns emerge from your answers? Consider how these insights might guide you in adopting new coping mechanisms or organizational strategies to support your focus and productivity.

**Next Steps and Further Resources**

Your journey toward improved attention, organization, and impulse control is supported by a wide range of resources available on our website. To further enhance your self-awareness and equip you with practical strategies, we encourage you to explore additional tools such as:

* **General Emotion Worksheets:** Delve into understanding how emotions impact your concentration and overall well-being.
* **Emotional Regulation Workbook:** Discover methods to manage emotional fluctuations that may contribute to impulsivity.
* **Coping Skills Toolbox:** Access practical strategies for managing distractions and enhancing focus.
* **Building Emotional Resilience:** Strengthen your inner resources to cope with stress and maintain productivity.
* **Releasing Emotional Baggage:** Learn techniques to let go of past patterns that might be hindering your ability to stay organized and focused.

In addition to these specific tools, our website offers an extensive array of self-assessments, guided practices, and educational resources across mental, emotional, and spiritual health. Whether you’re looking to reframe negative thought patterns, improve time management, or develop a stronger support network, you will find comprehensive assistance throughout our resource pages.

**Disclaimer:**  
This worksheet is intended for self-assessment and informational purposes only. It is not a substitute for a formal diagnosis or professional treatment. If you have concerns about ADHD or any other aspect of your mental health, please consider consulting a qualified healthcare provider.

Take your time with these reflections, and remember that every insight is a step toward a deeper understanding of your unique strengths and challenges. Your journey toward improved focus and organization is an important one, and you deserve the support and strategies that will help you thrive.