

# ***IN SIGHT*** for Oregon Lawyers and Judges

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

## **Most Common Characteristics of ADD**

- Significant difficulty in starting tasks, organizing, and planning related to low-interest activities
- Being easily distracted by the environment and getting lost in one's internal thinking
- Making decisions impulsively and desperately searching for novelty
- Quickly moving from one idea to another, or one thing to another
- Difficulty stopping activities or behaviors that are of high interest, even if they are affecting other tasks and relationships
- Poor impulse inhibition
- Often beginning a project without planning or preparation and failing to sustain the activity
- Significant difficulty following through with time deadlines in low-interest activities, such as paperwork
- Difficulty regulating emotions, such as getting easily frustrated or overwhelmed to an extent that affects personal and work relationships
- Difficulty retaining instructions, staying on topic, and noticing cues to accurately read people
- Low self-esteem due to poor motivation and difficulty getting tasks completed

### **OREGON ATTORNEY ASSISTANCE PROGRAM**

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