

I HAVE ADHD, PLEASE KNOW THIS

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My brain works differently, not wrongly.



I can be creative and think in original ways.



I often notice things others miss.



When I care about something, I can focus deeply and give it my full energy.



I can be passionate, curious, and full of ideas.



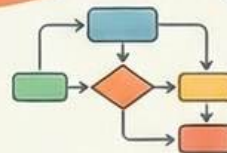
I may need reminders, structure, or time to process information.



Encouragement helps me stay motivated.



I may take a different path, but I can still reach the goal.



I learn best when things are clear, calm, and broken into steps.



Support helps me do well, not special treatment.



Progress matters more than speed.



I am trying.



I deserve patience and respect.



Understanding helps me thrive.

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I am not choosing
to be distracted.



I want to listen,
but my focus does
not always stay.



I can care deeply
and still forget.



I may hear you, but
struggle to hold onto
the information.



I may start things
with good intentions
and find it hard
to finish.

I may delay
tasks
even
when they
matter to me.
This is not
a lack of effort.



I can feel
overwhelmed
very quickly.



Noise, pressure, or
too many demands
can shut me down.



I may interrupt
because I am afraid
I will forget.



I often think
faster than I can
organise my
thoughts.



I get tired
from trying to
stay on track.

I AM DOING MY BEST,
EVEN WHEN IT DOES
NOT LOOK LIKE IT.



UNDERSTANDING
HELPS MORE THAN
CRITICISM.



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