



29 POSITIVE ASPECTS OF ADHD

1. Sensitive
2. Empathetic with the feelings of others
3. Feels things deeply
4. Creative in nature (including in problem solving)
5. Inventive
6. Often sees things from a unique perspective
7. Great at finding things that are lost (including money on the ground or people in a crowd)
8. Perceptually acute
9. Stand-up comic
10. Spontaneous
11. Fun
12. Energetic
13. Open and unsecretive
14. Eager for acceptance and willing to work for it
15. Responsive to positive reinforcement
16. Doesn't harbour resentment
17. Quick if they like what they are doing
18. Difficult to fool
19. Looks past surface appearance to the core of people, situations, and issues
20. Down to earth
21. Good Networker
22. Sees unique relationships between people and things
23. Cross Disciplinary and interdisciplinary
24. Less likely to get in a rut or go stale
25. Original, with a sense of humour
26. Observant
27. Loyal
28. Intense when interested in something (or someone)
29. More likely to do things because they want to than because they should, thus often wholehearted in efforts