

Your Reflection Results

Several of your responses **moderately align** with experiences commonly reported by adults who live with ADHD traits.

Many people with ADHD notice patterns such as:

- difficulty finishing tasks
- losing track of time
- feeling mentally overwhelmed
- struggling to stay focused on routine work

These patterns can make daily life feel harder than it should. Understanding how ADHD affects your focus, energy, and nervous system can help you begin building routines and strategies that actually work for your brain.

Want a deeper understanding of your results?

If you would like support, you can:

[Explore therapy services with our trusted therapist in a free 15-minute consultation.](#)

OR

[Explore 4-week ADHD Coaching with Branches of Hope](#)

Working with Tina at Branches of Hope can help you:

- Understand how your brain processes focus and attention
- Create sustainable routines that reduce burnout
- Build practical systems for daily life
- Improve confidence and clarity
- Improve daily functioning and relationships

Disclaimer

This reflection tool is inspired by the ASRS-v1.1 screener and is for educational purposes only. It is not a medical diagnosis.

