

# UNDERSTAND YOUR ADHD DIAGNOSIS POST-SESSION 2 WORKSHEET



THIS WORKSHEET IS TO HELP WITH YOUR INTEGRATION AND LEARNING FROM SESSION 2.

IT IS PURPOSEFULLY DESIGNED TO BE USED AS A SIMPLE TOOL TO HELP AID REFLECTION AND YOUR OWN UNDERSTANDING OF YOUR ADHD DIAGNOSTIC JOURNEY.

IT IS ENTIRELY VOLUNTARY AND FOR YOUR EYES ONLY.

Age when my period / puberty started

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Times of my life during which my hormonal balance has seemed to worsen my ADHD symptoms.

E.g., puberty, post-pregnancy, when taking hormonal contraception, perimenopause, etc.

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**ADHD symptoms that worsen for me pre-menstrually:**

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**Perimenopausal symptoms I am experiencing:**

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**How does ADHD impact my relationships?**

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How does ADHD impact on my relationships?

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