

UNDERSTAND YOUR ADHD DIAGNOSIS POST-SESSION 4 WORKSHEET



THIS WORKSHEET IS TO HELP WITH YOUR INTEGRATION AND LEARNING FROM SESSION 4.

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.

What steps do I need to take to get the most out of taking ADHD medication?

How am I going to remember to take medication consistently and be able to check that I have done so if I am unsure?

Questions I need to ask my healthcare professional about medication:

