

TURNING ADHD CHALLENGES INTO ADHD STRENGTHS



Norman Vincent Peale said "Change your thoughts and you change your world." But what does that mean? Well, it's pretty simple. When you change how you look at something, you change what it means.

We all know that certain character traits come with the ADHD territory. But what if these traits weren't problems. What if rather, they were hidden strengths that when harnessed, helped you or your child shine?

Reframing how you think about these "problem" traits can turn them into strengths. To change your mindset about a "problem" trait, start by changing how you label it. This list below will help you find the "good" in common behaviors. Then, learn how to use that trait in a constructive, rather than destructive, way. That is the key that will unlock this strength and allow your or your child's natural gifts shine!

CHALLENGE

STRENGTH

LIMITED ATTENTION TO DETAIL	→	LOOKS AT THE BIG PICTURE
HYPERACTIVITY	→	HIGH STAMINA
DIFFICULTY WITH STRUCTURE	→	CREATIVE & INNOVATIVE
GETS BORED EASILY	→	EAGER TO TRY NEW THINGS
DISORGANIZED	→	FLEXIBLE
NOT LOGICAL	→	IDEA GENERATOR & CREATIVE
GOOFING OFF	→	GOOD SENSE OF HUMOR
RISK TAKING	→	COURAGEOUS & ADVENTUROUS
FAILURE TO FOLLOW DIRECTIONS	→	OUT-OF-THE-BOX THINKERS
STUBBORN	→	PERSISTANT & TENACIOUS
NOT A GOOD TEAM PLAYER	→	INDEPENDENT & AUTONOMOUS
DIFFICULTY TAKING ORDERS	→	INDEPENDENT THINKER