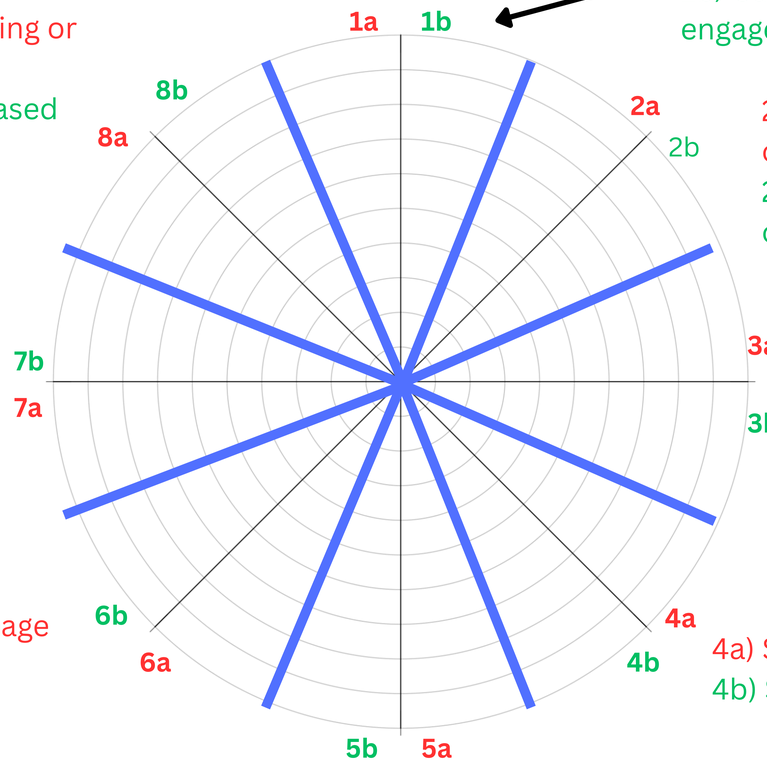
ADHD Wheel



1a) Struggles to focus
1b) Curious and deeply engaged with interests

2a) Acts without considering consequences
2b) Acts mindfully, considering outcomes

3a) Restless
3b) Energetic and driven

4a) Struggles to follow rules
4b) Strong-willed & independent

5a) Has trouble learning & staying organized
5b) Creative, unique thinker

6a) Struggles to manage strong feelings
6b) In touch with emotions (sensitive)

7a) Has friendship or social struggles
7b) Authentic & selective in friendships

8a) Has difficulty planning or prioritizing projects
8b) Excels in interest-based tasks

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