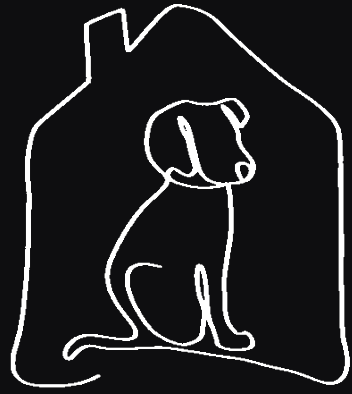




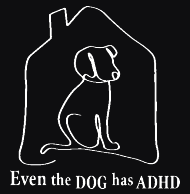
Even the DOG has ADHD

02 / GUIDE TWO

Questions to Ask Yourself.

Before assessment, before labels: prompts for noticing your own patterns.

This guide does not diagnose anything. It is a set of honest questions to help you notice the patterns in your own life, the ones that keep returning, the ones you have spent years explaining away. Use them like a slow conversation with yourself, not a test you can pass or fail.



BEFORE YOU BEGIN

Why noticing matters first.

A label can be useful, but self-understanding comes first. Long before any assessment, the most valuable thing you can do is get curious about your own experience without judging it. The questions here are drawn from the kinds of things people say in the weeks before they finally book an appointment.

There are no right answers, and no score. If several of these land, that is worth paying attention to. If only a few do, that is worth paying attention to as well.

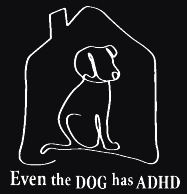
EVERYDAY PATTERNS

How your days actually run.

Start with the texture of an ordinary day rather than dramatic moments. Patterns show up most clearly in the unremarkable parts of life.

NOTICE WHAT REPEATS

- 01 Do I start tasks I care about and then stall, even when the desire is genuine?
- 02 Can I focus intensely on some things for hours, yet not begin others that matter to me?
- 03 Is my sense of time different from how other people seem to experience it: too fast, too slow, suddenly gone?
- 04 Do I rely on urgency, novelty or last-minute pressure to get anything finished?
- 05 Do I lose things, miss details, or forget commitments in ways that surprise me?
- 06 Do I need more recovery time after 'ordinary' days than seems reasonable?



ENERGY & ENVIRONMENT

Where your attention goes, and what drains it.

Neurodivergent brains often respond strongly to environment. Noticing what fuels you and what depletes you is some of the most useful self-knowledge you can gather.

PAY ATTENTION TO

Sounds, lights, textures and smells that genuinely overwhelm me, not just irritate me.

Whether I can think clearly in busy or open-plan spaces, or whether I need quiet.

Tasks that leave me energised versus ones that leave me emptied for the rest of the day.

How much invisible effort I spend holding things together that others seem to do easily.

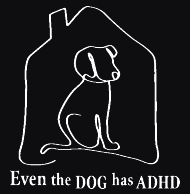
THE LONGER STORY

What your history has been telling you.

Patterns rarely start in adulthood. Most people recognise them stretching back through school, work and relationships, the comments that kept recurring, the things that never quite added up.

LOOK BACK WITH KINDNESS

- 01 Were there repeated comments: 'bright but disorganised', 'so much potential', 'if only you applied yourself'?
- 02 Have I built a life around coping strategies that are now starting to cost me too much?
- 03 Do I mask, performing a version of myself that takes real energy to maintain?
- 04 Have I always felt different, but assumed the problem was effort or character?
- 05 Is there a pattern in my family of similar traits, often unnamed?



THE HONEST QUESTION

What would change if this were true?

Worth asking plainly: if you discovered you were neurodivergent, what would actually change? Would it bring relief? Clarity? A route to support you have been missing? Some people find the answer is yes and move towards assessment. Others realise they mostly want permission to be gentler with themselves, and that is a good enough reason too.

Whatever you find, you do not have to act on it today. Noticing is the first and most powerful step. Everything else can wait until you are ready.

A last word

You are not starting from scratch.

Neurodivergent life deserves more than awareness. It deserves understanding, and that starts with the questions you ask yourself.

YOUR NEXT STEP

Find your next step at the Even The Dog Has ADHD media centre.

Sources & further reading

NHS: autism in adults <https://www.nhs.uk/conditions/autism/what-is-autism/>

NHS: ADHD signs & symptoms

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/symptoms/>

National Autistic Society: diagnosis guidance

<https://www.autism.org.uk/advice-and-guidance/topics/diagnosis>

ADHD UK: am I ADHD? <https://adhd.uk.co.uk/>