

## A WINDOW INTO MY WORLD - ADHD

- 1 **Please Help me to focus**
- 2 **Please teach me through my sense of touch**  
I need hands on and body movement
- 3 **I need to know what comes next**  
Please give me a structured environment where there is a dependable routine.  
Give me advanced warning if there will be changes.
- 4 **Wait for me, I'm still thinking.**  
Please allow me to go at my own pace.  
If I rush, I get confused and upset.
- 5 **I'm stuck ! I can't do it !**  
Please offer me options for problem-solving.  
I need to know the detours when the road is blocked.
- 6 **Is it right ? I need to know NOW !**  
Please give me rich and immediate feedback on how I'm doing.
- 7 **I didn't forget, I didn't hear it in the first place !**  
Please give me directions one step at a time, and ask me to repeat back what I think you said.
- 8 **I didn't know , I wasn't in my seat.**
- 9 **Please remind me to STOP, THINK, and ACT.**
- 10 **Am I almost done now ?**  
Please give me short work periods with short-term goals.
- 11 **What ?**  
Please don't say "I've already told you that"  
Tell me again in different words.  
Give me a signal. Draw me a picture.
- 12 **I know, it's ALL wrong, isn't it ?**  
Please give me praise for partial success.  
Reward me for self improvement, not just perfection.
- 13 **But why do I always get yelled at ?**  
Please catch me doing something right and praise me for my specific positive behaviour.  
Remind me ( and yourself ) about my good points, when I'm having a bad day.
- 14 **I may be hard to live with, and have ADHD, but I still have feelings and would have never chosen to behave like I do sometimes.**