

ADHD EXAMPLES: THE 7 TYPES OF ADD

1. Inattentive ADD

Easily distracted if uninterested. They have trouble with focus, planning, managing their time, and prioritizing personal and work projects, often fixating on what is the most appealing due to a lack of executive function regulation.



2. Classic ADD

Typical characteristics of ADD include inattentiveness, hyperactive behavior, and impulsive behavior. They usually have trouble keeping on task and have difficult times in school or work.



3. Limbic ADD

Classic ADD symptoms but also hypersensitivity to situations. Moody behaviors, low self-esteem and feelings of guilt are common.

Typically feels overly stressed and threatened by everyday life events.



4. Anxious ADD

An inability to focus and an elevated stress level which results in physical symptoms including sleep issues, stomach and headaches. Fearful during social interactions and confrontations.



5. Over Focused ADD

Have a difficult time shifting their focus from a primary hyperfocused task to any others. May neglect personal care and relationships. This inflexibility can lead to getting stuck in negative thoughts, or emotions.



6. Temporal Lobe ADD

Often brought on by a physical trauma to the brain. These people suffer from a lack of ability to interpret sounds and visuals. Can be associated with short tempers, easily triggered and over emotional reactions including anger.



7. Ring Of Fire ADD

Can experience intense feelings of anxiety, difficulty sleeping, irritability, and hypersensitivity at various unpredictable times, all of which can lead to serious social and professional problems.

