








THE 7 TYPES OF ADHD

Type & Symptoms	 Classic	 Over Focused	 Limbic	 Anxious	 Inattentive	 Temporal Lobe	 Ring of Fire
Anxiety	✓	✓		✓			✓
Argumentative	✓	✓					
Lack of Attention – Distracted Easily	✓	✓	✓	✓	✓	✓	✓
Change Resistant		✓					
Depression / Low Self Esteem	✓		✓				
Difficulty Focusing	✓			✓	✓	✓	
Forgetful – Loses Things	✓	✓	✓	✓	✓	✓	✓
Frustrated Easily	✓	✓			✓	✓	✓
Excessive Guilt		✓	✓	✓			
Head Injury						✓	
Hyper Focused		✓					
Hyperactivity	✓						
Hypersensitive			✓			✓	✓
Impulsive	✓						
Trouble With Instructions	✓		✓	✓	✓		✓
Chronically Late	✓	✓	✓		✓		✓
Lethargic			✓		✓		
Moody			✓				✓
Obsessive Compulsive		✓					
Temper Issues	✓					✓	✓
Pessimistic – Excessive Worries		✓		✓			
Sleeping Problems			✓				✓
Difficult in Social Settings	✓			✓		✓	
Visual & Audible Difficulty						✓	
Physical Issues From Stress				✓			
Difficulty Completing Tasks						✓	