

The Many Masks of ADD

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How does ADHD masquerade?

- Laziness
- Slow intellect
- Sloppiness
- Lack of initiative
- Lack of commitment
- Menopause or aging
- Being scatterbrained

Hiding our ADD

- We (try to) hide our ADD behind our masks
 - Sometimes we hid our ADD from others
 - Sometimes we hide our ADD from ourselves
- Some of us also hide BEHIND our ADD
 - “Don’t assign me to the budget committee, I have ADD.”
 - “Aren’t we silly? It’s that ADD again!”
 - “I can’t be expected to get to appointments on time...”

