

## 25 Good Things About Having A.D.H.D.

1. Lots of energy
2. Willing to try things - take risks
3. Ready to talk, can talk a lot
4. Gets along well with adults
5. Can do several things at one time
6. Smart
7. Need less sleep
8. Good sense of humour
9. Very good at taking care of younger kids
10. Spontaneous
11. See details that other people miss
12. Understand what it's like to be teased or to be in trouble so are understanding of other kids
13. Can think of different ways to do things
14. Volunteer to help others
15. Happy and enthusiastic
16. Imaginative - creative
17. Articulate - can say things well
18. Sensitive - compassionate
19. Eager to make new friends
20. Great memory
21. Courageous
22. More fun to be with than most kids
23. Charming
24. Warm and loving
25. Care a lot about families

**While day-to-day life can be challenging with ADHD... these people do possess many qualities that make them WONDERFUL!!!**