

# What ADHD Feels Like

- 1** Your brain moving too fast and too slow at the same time
- 2** Wanting to do something and still not being able to start
- 3** Wanting to do something and still not being able to start
- 4** Forgetting something important, then spiraling into shame
- 5** Feeling everything all at once or going completely numb
- 6** Having bursts of energy, then crashing hard
- 7** Trying to keep up with “normal” and feeling like it’s never enough
- 8** Huge mood and focus changes during your cycle