



01.

Impulse control means stopping to think before doing something.

Impulsivity is when a person acts or speaks before they have had a chance to think it through.

ADHD can be like having a brain with a sports car engine, but bicycle brakes...



02.



Impulse control can be harder for ADHD'ers because their brains act so fast.

ADHD'ers may act first and think later. They often know what's expected, but impulsivity can get in the way.

03.



Excitement, boredom, fatigue or big feelings can make it even harder to 'pause and think'.

ADHD'ers often learn by doing first, and then thinking it through later.

04.

