



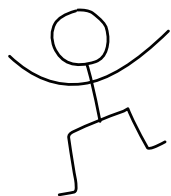
01. The ADHD attention system is interest-based.

ADHD'ers focus best when they are genuinely interested, not just because a task needs doing.

Attention is pulled to things that feel interesting or very urgent - this is not a choice, it's how the ADHD brain works.



02.



Starting tasks can be harder than doing them.

Getting started can feel impossible, even when ADHD'ers understand the task or want to do well.

ADHD'ers often need a deadline to kickstart their focus.

03.



Focus goes up and down.

Attention may fluctuate between laser focus and high distractedness, depending on the task.

Focusing can be draining.

Focusing, becoming distracted and then refocusing (over and over again) is exhausting!

04.

