



01. ADHD brains are interest-based.

Attention and motivation are “switched on” by things that feel interesting, exciting, or urgent. Not just by what’s important or expected.

If a task feels boring or non-urgent, ADHD brains have a harder time focusing, even if they want to.



02.



Getting started and staying focused takes a lot of effort.

This isn’t laziness or a lack of ability.

It’s a difference in how ADHD brains filter and respond to the world around them.

03.

It takes longer to recharge.



ADHD brains have to work harder to keep up and often need more breaks throughout the day.

04.

Rest might not look restful.

Quiet time isn’t always restful for ADHD’ers. They may naturally recharge in other ways, like play, movement, or creativity.

