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ADHD RATING LOG

If you (or your child) have experienced any of these symptoms this month, please rate the severity.

0 = No Problem, 5 = Pretty Disturbing, 10 = Maximal Impairment

Name _____ Date_____

Moodiness/Over - reactions, brief, changing moods					
Explosive temper					
Inability to complete tasks					
Impulsivity					
Finishing others' sentences					
Stress intolerance					
Restlessness/Motor Overactivity					
Difficulty concentrating					
Rely on others for help organizing & with details					
Distractibility					
Talking excessively					
Interrupting others/not listening					
Difficulty unwinding in free time					
Rejection sensitivity					