

# untangleADHD *Symptom Tracker*

Month:

[illegible]

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Month:

|    | Distractibility       | Difficulty focusing   | Forgetfulness         | Losing things         | Disorganisation       | Procrastination       | Difficulty starting   | Difficulty finishing  | Difficulty prioritising | Time management       | Working memory        | Decision-making       | Impulsivity           | Restlessness          | Interrupting          | Hyperfocus            | Difficulty switching tasks | Emotional overwhelm   | Overthinking          | Oppositional Defiance | Rejection Sensitivity | Dysregulation         | Ruminating            | Detachment            | Insomnia              | Other |
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