# Attention Deficit Disorder or Attention Deficit Hyperactive Disorder: (Attention Inconsistent)

Not primarily an emotional problem but rather a neurological problem with a biological basis and behavioral manifestations.

There are four major classifications of symptoms of ADD/ADHD:

- 1. Inattention
- 2. Impulsiveness
- 3. Hyperactivity
- 4. Emotional Instability

#### **Inattention** characteristics:

- 1. He often fails to finish what he starts, whether it's chores or homework.
- 2. He doesn't seem to listen and can't remember instructions he was given.
- 3. He cannot stay focused in play or school work.
- 4. He is easily distracted by extraneous stimuli.
- 5. He can't seem to organize tasks or activities.
- 6. He is constantly losing toys, school work, and books.

# Impulsiveness characteristics:

- 1. He often acts without thinking and later feels sorry for the consequences.
- 2. He shifts excessively from one activity to another.
- 3. He needs a lot of supervision.
- 4. He speaks loudly and out of turn in class.
- 5. He talks too much, often interrupting others.
- 6. He doesn't wait to take turns in games or groups.
- 7. He wants instant gratification.

## **Emotional Instability** characteristics:

- 1. He had many angry outbursts.
- 2. He is a social loner, missing normal social cues.
- 3. He blames others for his problems.
- 4. He fights with others quickly.
- 5. He is very sensitive to criticism.
- 6. He has dramatic mood swings.
- 7. His behavior is often inappropriate.
- 8. He has low stress tolerance.

## **Hyperactivity** characteristics:

- 1. He runs about and climbs on things excessively.
- 2. He can't sit still and is fidgety.
- 3. He has difficulty staying in his seat and bothers classmates.
- 4. He is excessively active during sleep.
- 5. He is always on the "go" and acts as if "driven."
- 6. He has difficulty playing quietly.
- 7. He does physically dangerous activities without considering possible consequences.