

Normal Brain



This is:

- * Your attention span
- * How much focus you have
- * How much information you can process at a time
- * How large your memory is
- * How many tasks you can take on in a day
- * How much strong emotion or stress you can feel before you lose it and begin to cry or yell
- * How many tasks you can organize and plan at once
- * How long it takes before you become overwhelmed
- * How much communication you can handle in one sitting
- * How good you feel when you accomplish a task or goal

ADHD Brain



This is:

- * Your attention span
- * How much focus you have
- * How much information you can process at a time
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- * How much strong emotion or stress you can feel before you lose it and begin to cry or yell
- * How many tasks you can organize and plan at once
- * How long it takes before you become overwhelmed
- * How much communication you can handle in one sitting
- * How good you feel when you accomplish a task or goal