


# The ADHD Versus Non-ADHD Brain

Four Common Differences between  
ADHD and Non-ADHD Brains  
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ADHD issues are always present, no matter the environment or situation. It may get a bit "better" once in a while, but it **NEVER** "disappears". It will continue to persist because it is a **REAL** brain difference!

ADHD is **NOT** "just laziness" or "a moral weakness" or "a lack of self-discipline"! Most have to **WORK** 3 to 5 times **HARDER**, to get **HALF** as much done!

Hyper-focus IS a **REAL** phenomenon in ADHD! It is **NOT** typically **CONTROLLABLE!** Although, **SOME** have learned to **LIKE** it and **USE** it to **THEIR ADVANTAGE** (especially some "creative" types)!

Frequently, ADHD traits have been **WITH** an ADHD person since **BEFORE** they can remember. Most do not recall a time of **NOT** being this way!



Non-ADHD individuals can have some "ADHD-like traits", at times, but they resolve with a change of environment or situation (getting sleep, stress, hunger, illness, major life-events, being at home versus a party, etc).

Most people can quickly and easily organize and prioritize daily tasks, and then have **TIME TO SPARE!** All without much thought, or they can simply use a plain old to-do list! (They baffle my ADHD brain and I **ENVY** them!)

Most who are neurotypical can **CHOOSE** when it is "time to focus" on a particular task. They ordinarily cannot relate to the **ALL-CONSUMING** experience of **HYPER-FOCUS** and having no control over shifting their own focus!

Many people have had **TIMES** of feeling "ADHD-like". Yet, symptoms went away after being treated for a physical or mental ailment, or a major life-situation being resolved.