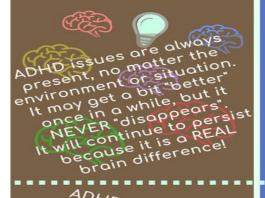
## The ADHD Versus Non-ADHD Brain

Four Common Differences between ADHD and Non-ADHD Brains

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ADHD is NOT "just laziness" or "a moral weakness" or "a lack of self-discipline"!

Most have to WORK 3 to 5 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 ALLCONSUMING experience
of HYPER-FOCUS and
having no control over
shifting their own focus!

Many people have had TIMES of feeling "ADHDlike". Yet, symptoms went away after being treated for a physical or mental ailment, or a major lifesituation being resolved.