

Positive Effects of ADHD

Many people with ADHD are highly intelligent, and have great gifts that exist along with their ADHD, but are not caused by their ADHD. Many people with ADHD feel that they are able to think “outside the box” and credit this skill to their ADHD.

Potential ADHD traits that can be perceived as positive:

- Increased creativity
- High energy level
- Ability to hyper focus
- Orientated to action
- Persistence
- Daring
- Resilience
- Enthusiasm
- Ability to focus in a crisis
- Entertaining/class clown