

How to Talk About Your Strengths



A tool to help youth with ADHD discover, appreciate and talk about their many strengths.

Let's focus on your strengths! Having ADHD means that your brain works in unique ways. It's important to understand what you do well so you can use your strengths to boost your abilities within school, home, and your everyday life!

THE UPSIDE OF ADHD: YOUR STRENGTHS

Read the statements below and select the option that best describes you. Remember, there are no right or wrong answers.

Strengths	A LOT like me	SOMETIMES like me	NO, that's not me
I am energetic about the things I like			
I have lots of creative ideas			
I don't give up easily			
People tell me I have a good sense of humor			
I love to try new things			
I love to come up with new ideas to solve problems			
I am always ready for a new adventure			
I love spending time with my friends			
I enjoy being the center of attention			

STARTING POINTS FOR CONVERSATIONS WITH PARENTS/CAREGIVERS

- I think that I'm good at _____.
Will you help me figure out how to use that strength with my friends?
[Fill in with a strength from the "A Lot Like Me" column on the checklist].
- According to this checklist, I _____.
I'm not sure what that means. Will you talk with me about that?
[Fill in with a strength from the "A Lot Like Me" column on the checklist].
- This checklist tells me that I _____.
I am not sure how that is a strength. Will you help me understand that?
[Fill in with a strength from the "A Lot Like Me" column on the checklist].



STARTING POINTS FOR CONVERSATIONS WITH A TEACHER/INSTRUCTOR

- I like to _____.
I'd like to use that strength on this project. Will you help me figure out the best way to do that?
[Fill in with a strength from the "A Lot Like Me" column on the checklist].
- I filled out this checklist and it helped me identify some of the things I do well. **Can we talk about how I can use these strengths in the classroom or in my studies?**
- I filled out this checklist about strengths and talked about it with my parents. I think I understand my strengths a little better now. They suggested I talk with you about it too. Is there a good time to do that?
I'd like to figure out how to use my strengths more at school.
- I filled out this checklist about my strengths. [Share the completed checklist with your teacher/instructor].
Will you brainstorm ways that I can use my strengths when I work in a group with other students?

Find this checklist online at: chconline.org/adhd-talking-about-your-strengths