

If most answers were “sometimes” and “most of the time”, it might be time to take a closer look at how your ADHD might be better managed.

**1 Do you find your ADHD gets worse in the evening?**

☐ Never ☐ Sometimes ☐ Most of the time

**2 By evening, do you struggle with tasks and chores or does keeping your home organized feel overwhelming?**

(e.g., do you often feel too mentally drained to complete household tasks like dishes, paying bills, laundry, or meal prep)?

☐ Never ☐ Sometimes ☐ Most of the time

**3 Is it a challenge to maintain focus during conversations, watching TV, or while reading?**

☐ Never ☐ Sometimes ☐ Most of the time

**4 Do you have difficulty with relationships at home and/or with friends?**

(e.g., ignoring friends in a social situation or friends/family being frustrated with you)?

☐ Never ☐ Sometimes ☐ Most of the time

**5 Do you struggle with self-control/self-regulation in the evenings?**

(e.g. easily frustrated, losing temper, online shopping, gambling, substance use)?

☐ Never ☐ Sometimes ☐ Most of the time

## Keep the conversation going

Bring these questions to help with talking to your doctor about ADHD symptom management throughout the day, including the evenings.

**1 What should I do if there are times when I feel like my symptoms come back during the afternoon or evening?**

**2 What can help make the biggest difference if my ADHD impacts me later in the day—like sleep, exercise, or routine?**

**3 How can I tell if my ADHD medication wears off?**

**4 When my evenings feel hectic or I get irritable, should I keep track of it, like writing it down in a symptom diary?**

**5 With the treatment we’ve chosen, what are realistic goals for staying focused, keeping calm, and finishing tasks throughout my morning, day and evening?**

**6 Do lifestyle changes, that affect my morning, day or evening, impact my treatment plan?**

**7 Can therapy or coaching help me, alongside my ADHD medication?**