

# 5 THINGS TO BRING

## WHEN TALKING TO YOUR DOCTOR ABOUT ADHD

Approaching your doctor about an ADHD diagnosis can be very nerve-wracking. What if she doesn't believe me? What if she tells me it's something else? What if I ramble and can't get my point across? What if I forget everything we've talked about the minute I leave the appt?

### 01. Print your self-tests

Print out any checklists or self-tests you've filled out. I recommend *this one* made specifically for women.

### 02. Get specific

Give examples of experiences, rather than how you've been feeling or how convinced you are. Your doctor will want to evaluate specific behaviors to help determine if they fit the criteria for an ADHD diagnosis.

### 03. Bring the memes

Save any TikTok videos or memes to a folder on your phone that have especially resonated with you. These can make great conversation points.

### 04. Take notes

Bring a pen & paper to take notes during your appointment. Don't be afraid to ask your doctor for your diagnosis and treatment recommendations in writing before you leave (you will probably forget it all if you don't).

### 05. Be confident

Bring with you the confidence that you know yourself and your brain best — if you feel strongly that it's ADHD, then it's probably ADHD.

Whether this is your first time talking about ADHD with your doctor, or you're heading to a psych evaluation, it's important to feel empowered and prepared. If you feel strongly that this could be the answer, then this is not the time to get steamrolled by a medical professional!

