

Attention Deficit Disorder:  
**“29 Positive Aspects of ADD”**

By Dr. Lynn Weiss • ADD Center for Adults & Teens • Dallas, TX

1. Sensitive
2. Empathic with feelings of others
3. Feels things deeply
4. Creative in nature (in problem-solving)
5. Inventive
6. Often sees things from a unique perspective
7. Great at finding things that are lost (\$ on ground, people in crowd)
8. Perceptually acute
9. Stand-up comic
10. Spontaneous
11. Fun
12. Energetic
13. Open and unsecretive
14. Eager for acceptance and willing to work for it
15. Responsive to positive reinforcement
16. Doesn't harbor resentment
17. More likely to do things because they want to rather than because they should, thus wholehearted in efforts
18. Difficult to fool

19. Looks past surface to core of people, situations, issues
20. Down to earth
21. Good networker
22. Sees unique relationships between people and things
23. Cross-disciplinary and inter-disciplinary
24. Less likely to get in a rut or go stale
25. Original, with a sense of humor
26. Observant
27. Loyal
28. Intense when interested in something
29. Quick if they like what they are doing