



ADHD Mirror Traits

Discover your hidden strengths.

easily distracted >< **curious**
 forgetful >< **engaged in the moment**
 can't stay on point >< **sees things others miss**
 hyperactive >< **energetic**
 impulsive >< **creative**
 disorganized >< **spontaneous**
 stubborn >< **persistent**
 inconsistent >< **shows flashes of brilliance**

Common Strengths & Talents

Individuals with autism spectrum disorders:

Are often exceptionally honest

Have deep passions and intense interests

Can be very detail-oriented

May have a very good memory

Rarely have "hidden agendas"

Are typically punctual and follows a schedule

Often rule-bound, will not break laws

Can be especially gifted in one or more subjects/topics

May be very good at visual thinking

TURNING ADHD CHALLENGES INTO ADHD STRENGTHS



Norman Vincent Peale said "Change your thoughts and you change your world." But what does that mean? Well, it's pretty simple. When you change how you look at something, you change what it means.

We all know that certain character traits come with the ADHD territory. But what if these traits weren't problems. What if rather, they were hidden strengths that when harnessed, helped you or your child shine?

Reframing how you think about these "problem" traits can turn them into strengths. To change your mindset about a "problem" trait, start by changing how you label it. This list below will help you find the "good" in common behaviors. Then, learn how to use that trait in a constructive, rather than destructive, way. That is the key that will unlock this strength and allow your or your child's natural gifts shine!

CHALLENGE		STRENGTH
LIMITED ATTENTION TO DETAIL	→	LOOKS AT THE BIG PICTURE
HYPERACTIVITY	→	HIGH STAMINA
DIFFICULTY WITH STRUCTURE	→	CREATIVE & INNOVATIVE
GETS BORED EASILY	→	EAGER TO TRY NEW THINGS
DISORGANIZED	→	FLEXIBLE
NOT LOGICAL	→	IDEA GENERATOR & CREATIVE
GOOFING OFF	→	GOOD SENSE OF HUMOR
RISK TAKING	→	COURAGEOUS & ADVENTUROUS
FAILURE TO FOLLOW DIRECTIONS	→	OUT-OF-THE-BOX THINKERS
STUBBORN	→	PERSISTANT & TENACIOUS
NOT A GOOD TEAM PLAYER	→	INDEPENDENT & AUTONOMOUS
DIFFICULTY TAKING ORDERS	→	INDEPENDENT THINKER
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Negative Frame Positive Reframe

Bossy	Good Director, Natural Leader
Clingy	Affectionate, Needs Connection
Compulsive	Attention to Detail, Creating Structure
Conceited	Confident, Aware of Needs
Crabby	Communicates Needs, Stressed
Dawdles	Easy going, mindful
Defiant	Strong Beliefs, Courageous, Needs Validation
Demanding	Assertive, Direct
Dependent	Connected
Dramatic	Emotionally Aware, Expressive
Fearful	Thoughtful, Careful
Foolish	Fun Loving, Playful
Fussy	Discerning Tastes and Needs
Goofy	Joyful, Entertaining
Impulsive	Spontaneous, Trusting
Lazy	Overcome by expectations; Needs guidance
Loud	Exuberant, Confident
Manipulative	Gets Needs Met, Elicits responses
Mean	Conflicted, Seeking Validation/Control
Messy	Practicing Skills, Learning
Mouthy	Learning to express one's self
Naughty	Independent, Explores Boundaries
Nosey	Curious, Inquisitive
Unfocused	Abstract Thinker, Processing Information
Quiet	Thoughtful, Reflective
Rigid	High Sense of Order, Security seeking
Sensitive	Intuitive, Aware of Feelings, Cares Deeply
Shy	Inner Directed, Values Trust
Silly	Good Sense of Humor, Carefree
Sneaky	Inventive, Creative
Spoiled	Privileged, Loved, Boundary seeking
Stubborn	Determined, Persistent
Talkative	Good Communicator
Talks-Back	Courageous, Honest
Tattletale	Seeks Justice and Support
Timid	Careful

Debra Wallace LMFT www.PositiveReframe.org
 Experience the Paradigm of Trust

Neurodiversity Strengths Checklist



Literacy Strengths

- ☐ Enjoys reading books
- ☐ Has good reading comprehension
- ☐ Enjoys doing word puzzles or playing word games
- ☐ Is a good writer in one or more genres (e.g. poetry, stories, reports, letters)
- ☐ Is a good speller
- ☐ Has a large vocabulary
- ☐ Enjoys listening to audio books or to someone telling a story or reading out loud

Logical Strengths

- ☐ Does well in science class
- ☐ Can estimate things easily
- ☐ Enjoys working with numbers and/or statistics
- ☐ Is good at solving math problems
- ☐ Has a chemistry set or other science kit that he/she works with at home
- ☐ Has an interest in astronomy, chemistry, physics, or biology
- ☐ Enjoys logical or number games or puzzles like Rubik's cube or Sudoku
- ☐ Can easily calculate numbers in his/her head

Visual-Spatial Strengths

- ☐ Has an aptitude for fixing machines
- ☐ Likes to create three-dimensional structures with building materials
- ☐ Is good at doing jigsaw puzzles or other visual puzzles
- ☐ Is able to read maps well
- ☐ Reports being able to visualize images clearly
- ☐ Gets information more easily through pictures than words
- ☐ Is sensitive to the visual world around him/her

Physical Strengths

- ☐ Has a good sense of balance
- ☐ Learns material best when moving around
- ☐ Likes to ride his/her bike, skateboard, and/or other self-powered personal vehicle
- ☐ Is good at playing team sports like baseball, soccer, basketball, or football
- ☐ Is good at playing individual sports like tennis, swimming, gymnastics, or golf
- ☐ Is in good physical health
- ☐ Likes to dance
- ☐ Is physically strong
- ☐ Is a fast runner or has other athletic abilities
- ☐ Likes to exercise (e.g. weights, aerobics, jogging, treadmill)
- ☐ Has good physical endurance
- ☐ Has good physical flexibility

Positive ReFrame

Changing Your Attitude towards Those in Treatment and Recovery.



Replace this With this

He's too **stubborn** to change his ways.

He's **determined** to live his life without drugs or alcohol.

She's too **impulsive** to not use.

She's so **spontaneous**, she can find a better way to cope.

He's too **dependent** to stay away from old friends.

He **connects** well with others at meetings.

She's too **timid** to stay in the program.

Her **cautious** attitude will help keep her out of trouble.

His life is too **messy** for him to learn anything.

He has a lot of different life **experience** to draw from.

She's too **foolish** to stay on the right path.

Her **humor** will help her through the tough times.

He's too **rebellious** to follow the steps.

His **courage** will give him and those around him strength.

She's too **self-involved** to get help.

Her **independence** will keep her focus on healing.

Be slow to criticize, and fast to appreciate.

Positive ReFrame

Negative frame

Bossy
Clingy
Compulsive
Conceited
Crabby
Dawdles
Defiant
Demanding
Dependant
Doodles
Dramatic
Fearful
Finicky Eater
Foolish
Fussy about food/clothes
Goofy
Impulsive
Loud
Manipulative
Mean
Messy
Mouthy
Naughty
Nosey
Not Focusing
Quiet
Rigid
Shy
Silly
Sneaky
Spoiled
Stubborn
Talkative
Talks-Back
Tattletale
Timid
Wants Attention

Positive ReFrame

Good Director, Natural Leader
Affectionate
Efficient, Attention to Detail
Confident, Values Self
Communicates Needs
Easy going, mindful
Strong Beliefs, Courageous
Assertive
Connected
Creative
Emotionally Aware, Expressive
Thoughtful, Careful
Future Gourmet, Discriminating Tastes
Fun Loving
Specific Tastes, Strong Sense of Self
Joyful, Entertaining
Spontaneous
Exuberant, Confident
Gets Own Needs Met
Power-Seeking
Practicing Skills, Learning
Expressive
Independent, Exploring Boundaries
Curious, Inquisitive
Processing Various Information
Thoughtful, Reflective
High Sense of Order
Inner Directed, Values Trust
Good Sense of Humour
Inventive, Creative
Needs Clear Boundaries, Loved
Determined, Persistent
Good Communicator
Courageous, Honest
Seeks Justice
Careful
Speaks out Needs

POSITIVE WORDS THAT CAN CHANGE HOW YOU SEE YOUR CHILD



STRONG WILLED
STUBBORN
WILD
EMOTIONAL
DRAMATIC
UNPREDICTABLE
QUIET
FORCEFUL
CLINGY
BOSSY
LOUD
DREAMY
HYPER-SENSITIVE
SHY
FUSSY
SERIOUS
RESTLESS



SPIRITED
PERSISTENT
ENERGETIC
CARING
EXPRESSIVE
SPONTANEOUS
A THINKER
DETERMINED
LOVING
A LEADER
EXPRESSIVE
IMAGINATIVE
RESPONSIVE
REFLECTIVE
SELECTIVE
CONTEMPLATIVE
ACTIVE

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turn
**NEGATIVE
LABELS**

into
**POSITIVE
AFFIRMATIONS**

Demanding
Insistent
Stubborn
Cocky
Bossy
Fixated
Rebellious
Defiant
Challenging
Obsessive
Explosive
Silent
Anti-social
Obstinate
Rigid
Inattentive
Fearful
Hyper
Impatient
Sensitive

Decisive
Determined
Persistent
Confident
Authoritative
Committed
Non-conforming
Bold
Gutsy
Orderly
Expressive
Introspective
Thoughtful
Independent
Precise
Focused
Cautious
Energetic
Eager
Tuned in to Emotions

how
does she?