

**ADHD**

**Overlap**

**PTSD**

**A brain-based difference**

**Caused by trauma**

Procrastinating  
Trouble managing time  
Interrupting  
Trouble with motivation  
Hyperfocus  
Difficulty following instructions  
Trouble completing tasks

Executive function challenges  
Easily distracted      Trouble with memory  
Difficulty concentrating  
Trouble sleeping      Trouble with impulse control  
Low self-esteem  
Difficulty managing emotions  
Shame

Hypervigilance  
Intense anxiety  
Hopelessness  
Reacting to triggers  
Nightmares  
Dissociation  
Flashbacks