

## DESIRABLE TRAITS OF ADHD

- Resiliency
- Ingenuity
- Creativity
- Spontaneity
- Boundless Energy
- Sensitivity to Needs of Others
- Accepting and Forgiving
- Risk Takers
- Intuitive
- Inquisitive
- Imaginative
- Inventive
- Innovative
- Resourceful
- Empathetic
- Good Hearted
- Gregarious
- Observant
- Full of Ideas and Spunk

*Valerie Maxwell, Ph.D.*

2007 CEDAR AVE.  
MANHATTAN BEACH, CA 90266  
PSY 9844 (310) 546-6500