

Have I got an attention problem?

Instruction

1 Do you have any of the following problems? Which are the three most noticeable?

		Yes/No
1	Slower at processing information, so don't take in everything	
2	Easily distracted - drift off	
3	Can't filter out background noise	
4	Do not see things as clearly in my left visual field – visual neglect	
5	Difficulty doing two things at once	
6	Difficulty concentrating for long periods	
7	Difficulty switching attention	

2 Which of these strategies do you use for coping?

		Yes/No
1	Use external aids, such as alarms, cue cards, or voice mail	
2	Take frequent breaks	
3	Talk to myself during the task, saying things like 'stay focused'	
4	Tell other people that I've got a problem – enlist their help	
5	Work at my best time – when I'm not tired	
6	Practise a specific task that I'm not good at – gradually increasing the difficulty	
7	Rearrange my environment to exclude distractions and noise	

Give an example of a real-life occasion when you have deliberately used a coping strategy to improve your attention.

How did you find this exercise? Easy OK Hard What strategies did you use?