
CAUSES OF DISTRACTION

Source of distraction	Examples	Notes and strategies
Sounds	Noises in the room, silence, people talking in the background	
Sights	Fluorescent lights, pets or kids moving around	
Tech	Phone buzzing, email notifications, pop-up ads, checking certain websites	
Thoughts and feelings	Anxious thoughts, thoughts about other things you should be doing, feeling restless	
Other		

From *Living Well with Adult ADHD* by Laura E. Knouse and Russell A. Barkley. Copyright © 2026 The Guilford Press. Permission to photocopy this material, or to download enlarged printable versions (www.guilford.com/knouse-materials), is granted to purchasers of this book for personal use; see copyright page for details.