# Comparing Two Personal ADHD Stories – Worksheet

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| **Aspect of Awareness** | **Katie’s story** | **Brando’s story** |
| Social Support |  |  |
| Challenges in School |  |  |
| Coping Mechanisms |  |  |
| Attitudes Toward ADHD |  |  |
| Overcoming Stigma |  |  |
| Examples of Determination and Resilience |  |  |
| Self-acceptance and Growth |  |  |