

Hyperfocus Inventory

Understand your hyperfocus patterns — assets, liabilities, and how to harness this superpower intentionally.

Name: _____ Date: _____ Clinician: _____

Purpose: Hyperfocus is often framed as a problem, but it can also be a profound strength. This inventory helps you understand your hyperfocus patterns — what ignites it, what it costs, and how to harness it intentionally.

MY HYPERFOCUS PATTERNS

	Never	Rarely	Sometimes	Often	Always
I lose track of time when engaged in an interest or task			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I forget to eat, drink, or use the bathroom when hyperfocused			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel intense irritability when interrupted during hyperfocus			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My hyperfocus has caused problems in relationships or responsibilities			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After hyperfocus I experience a "crash" — exhaustion or emptiness			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can use hyperfocus intentionally to complete important work			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HYPERFOCUS ASSETS

Topics or activities that reliably trigger my hyperfocus:

Skills or knowledge I have developed through hyperfocus:

Times when hyperfocus has been genuinely useful or productive:

HYPERFOCUS LIABILITIES & MANAGEMENT

Hyperfocus Inventory

Understand your hyperfocus patterns — assets, liabilities, and how to harness this superpower intentionally.

Ways hyperfocus has caused problems for me:

Relationships or responsibilities most affected:

Signals that I have been hyperfocusing too long:

Strategies to exit hyperfocus when needed:

Ways I can harness hyperfocus intentionally for important goals:
