

**Headache & Attention Deficit Disorder Treatment Centers of Orange County**

**Dr. David E. Sosin**

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**www.doctoradd.com**

**Instructions for personal essay**

Hello and welcome to our practice! After you complete the questionnaire, please write a 2-5 page essay about your life. In the following chronological order, you might want to discuss the following:

1. Yourself
2. Your parents and siblings
3. childhood
4. early school years
5. your relationship with others
6. important life events
7. how you see yourself
8. your general health
9. your life now
10. how ADD/ADHD affects you life

Please feel free to inform Dr. Sosin of other interesting or habits not noted in the questionnaire, please include them. You may wish to discuss your expectations for your treatment as well.

**Note: This essay is very important in planning an effective, individualized treatment plan.**

We look forward to meeting you, if you have any questions or need to cancel please call 24 hours in advance.

Sincerely,

Daisy Luna  
Office Manager  
daisysosinsom@gmail.com