

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☒ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☒ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
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☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
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☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



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On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

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I need a sharp
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able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

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I either read the room down to what people felt for breakfast or am completely unaware.

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Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

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Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

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How often are you _____ during a rehearsal day

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Being unfocused

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If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

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Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

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Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

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Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

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strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

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Extra pondering about Berne Browns definition of Love in combination with art:
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‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

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Strongly AGREE

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Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

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☐☐☐☐☐

I manage my
ideas and
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☐☐☐☐☐

I usually can fix
my ideas and
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☐☐☐☐☐

I often feel like I
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Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
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Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

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We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

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- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

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And film 1 min MAX

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- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

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AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag tänker inte så mycket på det. Försöker bara fortsätta arbeta. Kanske konstaterar att det inte är som jag vill att det ska vara...

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☒☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Gestaltande av livet eller bristen på det...

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Konsten att levandegöra fiktion

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Jag håller nog delvis med. Men det är även svårt att läsa med dom olika färgerna😓

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☒☐☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

En situation och välskrivna repliker. När det gäller film skulle jag även addera tillräckligt få repliker

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Den andra kändes mer personlig, men kanske för splittrad för att jag skulle vilja skicka den

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Inte direkt tror jag

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☒☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☒☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☒☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

-

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

any creative work of a human being, a form of expressing oneself.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

An actor or actress who adopts a character—in theatre, television, film, radio, or any other medium.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

-

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☒
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☒
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☒
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Becoming the character, be in the moment all the time and LISTEN.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

—

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

-

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☒☐☐

Everyday
household
shores gets
done every day

☐☒☐☐☐

I finish all my
own projects

☐☒☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☒☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☒☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☒☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☒☐☐

My batteries are
either
overcharged or
drained

☐☒☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☒☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jobbar aktivt med att ha strategier kring det, tex, inte känna mig dålig pga onärvarande eller fastna i en negativ tanke. Blev mer störd av det tidigare, nu jobbat mkt med acceptans. Men känner mig sämre än annars.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Estetisk tolkning av samtiden som saknar bruksvärde (brukas på annat vis än det estetiska)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Imitering av det mänskliga livet. Att bli en projektionsyta för de som åskådar/upplever. Att ge sin kropp, röst till ett konstverk och låta det färga helheten.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Slår an tankar jag själv haft nyligen om sårbarhet på scen. Har tidigare kämpat för att va självklart självsäker på scen men insett att det är det sårbara och skaviga som ju är vackert, intressant, speglingsbart. Att ta fram allt sånt i varandra under en process vore ju ultimat. En regissör sa nyligen att teatern är för oss freaks som inte riktigt funkar i andra sammanhang och jag tror det stämmer på något vis; men känns som att det ställs högre o högre krav på "normalitet" än tidigare.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☒ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☒ ☐ ☐ ☐

I feel trapped by the process and feel like you want to move on already to

☐ ☐ ☐ ☐ ☒

the next

I usually don't
get room or
time to express
these ideas

☐☒☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☒☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☒☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☒☐

Rad 7

☐☐☒☐☐

What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Ja en publik som svarar - tex skrattar eller gråter

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Skönt att inte kolla in i kameran!!!!

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Nej

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☒☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I feel like I could have done better. As actors I think we're always searching for that unattainable magical flow moment where we completely inhabit and become the character, so I try to not be too hard on myself knowing that it's not going to happen. We have to be okay being ourselves as the character, and rarely do the feelings of how we did and how people perceive how we did correlate.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE



strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Human expression that can be pretty much anything as long as it expresses something that we feel within ourselves.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

The art of acting is the exploration of the human condition, a profound study of behavior and psychology that allows actors to reflect the world around them and inspire audiences through storytelling (with a touch of magic).

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

I can't really say about ADHD/NPF as it's not something that I deal with myself, but I think it rings true. To be at our very best as people we need to feel safe in the environment that we're working in.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process...

*

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☒

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☒

I usually don't get room or time to express these ideas

☐☐☐☒☐

I manage my ideas and energy down to fit the creative room I'm in

☒☐☐☐☐

I usually can fix my ideas and energy to be all about the artistic process I'm currently in

☒☐☐☐☐

I often feel like I am given a certain time

and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Being calm and relaxed. No held body tensions and a clear mind.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I felt like I was just talking without a clear objective haha, it was kind of hard to stick to the talking points and keeping it under 1 minute.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Not that I can think of right now, no.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I don't feel that way.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

To make something from nothing.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

To be able to feel the way a character feels and to do what that character does.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

It feels like a mess.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☒☐☐☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Self awareness

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

It felt like to different people.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Not at the moment.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

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Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☒ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☒☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Unfocused

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art is use imagination and creativity as tools to present another form of life alternative. And have the audience to react to it.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Incarnating the words written in a Teater or movie manuscript.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Positively

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☒☐☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

To listen

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I liked number 2 mostly. Felt free and it was fun to feel free.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☒☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☒☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Getting a bit tensed but since I've worked for a bunch of years by now I've learned to accept thoughts coming and going

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☒☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art is in the eyes/thoughts/ heart of the beholder

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

The ability to completely use yourself - meet the text or the item and let the unexpected evolve between these two : "me" and the "item"

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

It makes me curious

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☒☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☒☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Ett spelbart objective som inkluderar den ev. andre

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

The first is more collected and "beige". The other one was funnier to do, more personal, more "crazy".

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No idea. Good luck with your work!

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☒

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Horrible. Like a fraud. If it doesn't concern the play of course, like if something goes wrong and has to be fixed. Very much imposter syndrome.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☒☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Creating things that can be noted by any of the 5 senses, creating an emotional understanding and empathy beyond the logical one, without the audience having to be actively interactive with the piece.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Being the vessel for the previous answer. Giving up myself for a while for the opportunity to tell another life's story, with the privilege and demand to not be boring by using my trained imagination och body/voice control.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

That I also just want to work. I think I want the above, but it's also very theoretical. I want fun and respect and that people jump to the sky over mine and the others ideas.
But that might be love. Guess it depends on what love is.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☐ ☐ ☐ ☒

I feel trapped by the process and feel like you want to move on already to the next

☐ ☐ ☐ ☒ ☐

I usually don't
get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Clear förutsättningar. Knowing what story we're telling. Being able to hold on to the imaginative room.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I thought it was a bit cringe and got mad about doing the same thing twice (even though it wasnt the same), but it was a lot of fun and made me speak very highly of myself!

LAST QUESTION: ★

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

I think we need to talk more about women and adhd/ hyper activity. As it's also so stigmatising to talk a lot as a woman at all.

I feel like men having adhd need to get more tools and boundaries (as men rarely get the chance to learn how to take responsibility for their way of living everyday life, which can be quite harmful for themselves and others around then) and women need to get more freedom and acceptance for taking up space, as they rarely get that. I think that would help with a lot of anxiety and problems later in life.

This DEFINATELY goes for stage work.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☒

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag tillåter mig oftare och oftare att vara ofokuserad i scen... under repetitionerna.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Ett hantverk som syftar till att lyfta fram våra inre subjektiva världar och upplevelser samt att förnya vårt sätt att betrakta världen både kollektivt och individuellt.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Att metodiskt sätta sig in i rollkaraktärens handlingsalternativ för att uppnå dess mål i förhållande till pjäsens ramar och premisser.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Varje grupp, varje individ, varje möte är olika och kräver olika sätt att vara, för att uppnå den trygghet som behövs för att skapa bra konst. Om någon har en diagnos eller inte är underordnat det som behövs. Medvetenhet om allas olika förutsättningar hjälper.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

	1	2	3	4	5	6	7	8	9	10	
Strongly AGREE	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

	1	2	3	4	5
I often feel I share too much and take up too much space	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel trapped by the process and feel like you want to move on already to the next	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

I usually don't
get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Lust att berätta

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Jag är för okoncentrerad för att göra denna övning rättvisa Jag står över den a gång. Tack

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Obekväm, prestigeångest, skuldkänslor

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☒☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Kärlek, smärta, nödvändigt

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Att kunna försätta sig in i ett annat liv, person, känns dennes känslor och kunna uttrycka dem, filterlöst, hämningslöst till din bästa förmåga - och att detta överförs till publiken, så de känner samma känslor och upplevelser som din karaktär. Detta vore "nirvana" om det uppstår varje gång, en lyx.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Jag kan inte relatera till ADHD, men beskrivningen/definitionen känns mycket rätt, vilken jag kan hålla med om.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☐ ☐ ☐ ☒

I feel trapped by the process and feel like you want to move on already to the next

☐ ☐ ☐ ☒ ☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Att jag känner mig 100% trygg med min karaktär och tror på vad den vill.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Både läskigt och befriande. Man är ju van att hålla sig till en viss mall, men nu gavs jag möjligheten att bre ut mycket mer och förhoppningsvis ge castaren en mindre stereotypisk bild av mig. Men, med det sagt måste egentligen känna till castarens preferenser, innan man gör en sådan utvikning, så man trycker på rätt "knappar".

Min känsla är att ju mer etablerad man är som skådespelare, desto större spelutrymme ges denne skådespelare. Detta kan också vara en stor fördom jag har - och därmed helt fel.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Har själv ingen närmare erfarenhet av ADHD, men på samma sätt som man får extra utrymme och hjälpmedel om man är diagnosticerad dyslektiker, så borde ju rimligtvis samma hänsyn tas till dem med ADHD, men individuella anpassningar. Jag tror dessutom det kan definitivt berika konsten.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

No one can find the magical flow every time. I use techniques to be able to act my part as well as usual.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Trying to share something of your human core to others

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Being in 'now', while telling a story/sharing thoughts and emotions of a theme

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Yes, it makes, sense

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I
share too much
and take up too
much space



I feel trapped by
the process and
feel like you
want to move
on already to
the next



I usually don't
get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Arbetsro

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Didn't have time to do this in practice

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Many of my colleagues that HAVE ADHD are really good in focusing on many things, at the same time (light, sound, audience...) while acting

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Nothing special

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Konst är ett sätt att vila och återhämta sig från verklighet och stenhård logik.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Det är att kunna levandegöra individer och kanske idéer

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Gör mig nervös

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☒☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

En bra text

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Jag kände mig mer fri och kunde visa mer av mig själv

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Har inget att tillägga

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☒ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☒☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☒☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☒☐

Being unfocused

☐☐☐☒☐Being
Scatterfocused☐☐☐☒☐

Being Focused

☒☐☐☐☐Being in a state
of a magical
flow☐☒☐☐☐Being
hyperfocused☐☐☐☒☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

Fine, don't care, I forget. If I get yelled at, I feel ashamed.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☒☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☒☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Everything

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Telling a story in front of people

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

To much to think about now

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☒☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☒☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Don't worry to much

Nearly DONE - just one segment left!



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We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

Sorry, skit it. Don't have time.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No, not now. I will certainly come up with something tonight.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☒☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☒☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I try to stay in the moment, being open to impulses and reacting to them.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☒☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art is communication.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

in theatre is about listening and answering: not only with the script but with all your senses, to your partner, the room and the audience.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

I have worked sometimes as a director and actor with actor in the ADHD spectrum and the approach is as I defined up here, listening and answering, to each and every actor with what they give me.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

	1	2	3	4	5	6	7	8	9	10	
Strongly AGREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

	1	2	3	4	5
I often feel I share too much and take up too much space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

I feel trapped by the process and feel like you want to move on already to the next	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
---	-----------------------	-----------------------	-----------------------	----------------------------------	-----------------------

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Clear objective and audience response, but also being able to improvise and respond to a changing situation, theatre is a living phenomena, a real and in the moment exchange of impulses from all directions

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I didn't do the casting assignment, I'm not looking for a job, have enough with what I have. I work with Commedia: clown, masks and puppetry both as actor, puppeteer, mask maker, teacher, clown and director. You can see my groups homesite, www.commediagillet.com, and my own: www.commediagillet.com/cabrera

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

As a theatre director I have worked and work with different actors, each one with their own personality. A few of them in the ADHD spectrum that is a very wide spectrum, for me it is a matter of meeting each one in their own way of being and finding a personal way of communication towards a common goal that is the performance, some of the ADHD actors like to point from the beginning that they have some letters, but I work with individuals, not with letters and, as said, I try to find this way of communication that is different for each person: ADHD or not. ADHD is a very wide spectrum, nearly as wide as each other personality and it poses the same kind of communication problems as the non ADHD individuals, and, as said, it is a matter of finding the personal way of communication.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☒ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☒☐

Everyday
household
shores gets
done every day

☐☐☒☐☐

I finish all my
own projects

☐☒☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☒

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☒☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☒☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☒☐

My batteries are
either
overcharged or
drained

☐☐☐☒☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Förut fick jag dåligt samvete, men nu, med ålder och arbetad tid känner att jag hanterar det lättare och inte lägger så stor vikt vid att jag inte kan fokusera precis hela tiden.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Stor fråga! Kortfattat: Konst är en konstnärs spegling av tillvaron för att göra den mer förståelig, intressant med mera, eller för att ställa frågor och kanske provocera andra medmänniskor till eftertanke.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Oj också stor fråga! Hmmm: skådespelaren utgör en del av verket i teatern. Den som är inuti verket och gör så att en föreställning händer här och nu i mötet med publiken.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Jag tänker att tryggheten och tilliten att jag duger och till och med är toppen som den skrutliga lilla människa jag är, är det som gör att kreativiteten kan flöda på ett modigt och starkt sätt.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☒ ☐ ☐ ☐

I feel trapped by the process and feel like you want to move on already to the next

☐ ☒ ☐ ☐ ☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Ett stabilt och rent golv.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Skoj! Under den andra tagningen kröp jag ihop på stolen (har svårt att sitta "vanligt") och kände mig rätt mycket friare. Log mer och skrattade. Men jag var möjligen lite otydligare under den andra tagningen. Fick inte med lika mycket information.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Inget jag kommer på nu. Bara: Lycka till!

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☒☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, at my own expense.

☒☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag har ofta parallella tankar medans jag gör saker. Jag är van, och försöker hålla fokus.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Ett utbyte mellan avsändare och mottagare. En inbjudan till att bevittna ett arbete.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Samma som ovan. Men med tillägger att utbytet sker live, arbetet sker i direkt kontakt med mottagaren.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Att branschen måste jobba på att försäkra att rummen vi jobbar i (replokal, scen etc) är trygga och inkluderande.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☒☐☐☐☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Att veta vad jag gör, att känna att jag har koll på scenerier, text, etc.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Inte så mycket, för att kumna "vara mig själv" måste jag förbereda mig innan jag spelar in.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☒☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☒☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

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In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Its ok.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☒☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Something expressed thru body, voice, colour, shape, picture, materia, movement, smell, tone (and more) and recieved, interpreted, seen, heard by a human being.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

As before

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

It confuses me. Think its helpful for others.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☒☐☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

1..Being in the situation.2.be prepared

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I didn't do it.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Vvv

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☒ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☒

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☒

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☒

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☒

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal infront of the director -- how does that make you feel? And what do you think about that? *

It makes me feel amazing. What i try to achieve every time. But it also feels like a failiure when i am not there.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour of the day! ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Once a month/never really thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Stories, feelings, visual or audible happenings that ought to wake up the art and human with in the audience. Composition. Esthetics.

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Acting and reacting and do the most interesting and unlikely choices of your character. Be present.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

'3)' because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — "that without the room and possibility of failure ART has a very slim chance of ever existing". And what is 'room for failure' but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring "our most vulnerable and powerful selfs to be seen and known" and to be met with "trust, respect, kindness and affection" along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

That I am amazing given the right structures and challenges. And also feel really bad and get ill when I try to work under the wrong conditions. I have a lot to bring to the table and I am a really good person to work with. I should not look down on myself for needing adaptations, for when I give, I give double the energy and ideas than the others.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☐ ☐ ☐ ☒

I feel trapped by the process and feel like you want to move on already to the next

☐ ☐ ☐ ☐ ☒

I usually don't
get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Working with a challenging and interesting material and with colleagues that I like.

Nearly DONE - just one segment left! ★

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

It was so joyful and lovely to be free and myself without the pressure of being correct

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No, glad you're doing this:)

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

08 / 05 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you? *

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag försöker låta mötet med publiken och medskådespelare ge mig och min karaktär närvaro. Jag använder mig av min splitvision/dagdrömmeri istället för att försöka motarbeta den.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Att gestalta mänsklig erfarenhet.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Att gestalta mänsklig erfarenhet utifrån överenskommelsen om en lånad illusorisk tid.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Rummet behöver vara öppet och lyhört. Är det öppet och lyhört försvinner möjligt förtryck. Det räcker som grund för att skapa. Kärleksbudskap har tendens att hindra kärlek.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☐ ☒ ☐ ☐

I feel trapped by the process and feel like you want to move on already to the next

☐ ☐ ☒ ☐ ☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Att förstå vad min karaktär vill och bli påverkad av andra karaktärers vilja.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Om jag får vara mer rörlig i mitt inre och yttre blir det lättare.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Min dotter har adhd och hon menar att hon ärvt det av mig. Så jag tänker att det är möjligt att jag har det också. Att ha adhd som skådespelare gör det lättare tror jag att göra det inre och yttre upproret möjligt. Göra uppror mot mina egna förväntningar om hur det borde vara och andras förväntningar om hur det borde vara. En tillgång helt enkelt.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☒ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you? *

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☒

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

It makes me feel terrible, like it is a sign that I'm not good enough. I have a tendency to not believe enough, and feel like I have got one leg "outside" of the situation, and one leg "inside", my thoughts around this is that I am afraid to "jump in" to the acting rehearsal/performing state of flow, loss of control. I am also easily disturbed by movements and sound, but the moments I jump in to the imaginary situation totally, all of that is gone, because time stops to exist. A very pleasant feeling, but hard to achieve.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☒☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

The expression of the soul about what it is like to be human and how you see the world and yourself and other beings in this world. A way to awaken the spirit in human beings. A mirror- important to ask oneself- what are you mirroring, what do you want to mirror?

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Identification, to put yourself in another being's shoes. Dialogue with words or without words, communication, relating.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

So very true! I think EVERYBODY needs this.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process...

*

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☒☐

I usually don't get room or time to express these ideas

☐☒☐☐☐

I manage my ideas and energy down to fit the creative room I'm in

☐☐☐☒☐

I usually can fix my ideas and energy to be all about the artistic process I'm currently in

☒☐☐☐☐

I often feel like I am given a certain time

and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Relaxation and a very important task, that is felt both by the mind and the soul. An acceptance of the
risk of failure and the possibility to succeed.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I hate these self tapes, can take them anymore because of this presentation part.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☒ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

It doesnt make me feel anything. I am what i am.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

What you need to express in a fashion that is not only words

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Move outside your comfortzone

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Confused.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☒

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☒

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Listen to what is said and responds to that.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

The second one was done by me. The first one wasnt me.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag är oftast fokuserad och inne i det planerade nuet. Hade svårare med fokus när jag varit deprimerad och blev då mer ledsen när ofokuset kom.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Att på valfritt sätt uttrycka, skapa ngt eller gestalta en/flera tankar , åsikter, händelser, känslor, abstrakt eller konkret

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Typ samma som ovanstående men med tillägg att använda sin kropp, sina sinnen, erfarenheter, själv, hjärta...hela sitt jag för att skapa det där "verket" (karaktären, pjäsen..)

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Jag förstår inte frågan riktigt. Syftar du på texten eller highlighter-färgerna? Skulle behöva mer text för att förstå sammanhanget tror jag

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☐ ☐ ☒ ☐

I feel trapped by the process and feel like you want to move on already to the next

☐ ☐ ☐ ☐ ☒

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Tryggt rum där jag känner att det jag gör ,är och ,kan är uppskattat och värderas positivt.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Blev mycket mer mig själv i film 2. Luddigare i vad jag sa, tittade bort myckey mer ofukserad på uppgiften men mycket mer naturlig.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Först: tack för detta frågeformulär - det känns genomtänkt men samtidigt adhd-fritt i sitt upplägg. Krävde extra mycket av mitt fokus för att förstå vissa frågor. Jag tar med mig lärdom av att rutinmässigt börja tolka karaktärer med eller utan diagnos.

I branschen- eller alla branscher- känns allmänt viktigt att få kunskap om den inre värld människor med diagnoser befinner sig i och anpassa processer + öppnare klimat.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☒☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I allow it to happen

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Being

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Craft and timing

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

No idea

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☒
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☒
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☒
☐
☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Improvisation

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Sorry I did not do the task. I did not want to, maybe because I hate auditions.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2



DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment do for you?



No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

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Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I'm a professional. This does not concern me.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☒☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

An act of expression with the purpose of beauty and or defiance without the need to be defined

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

The study and expression of human life: personal and political

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

No comment

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☒☐☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
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I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
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share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

A kind work environment

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I don't want to do this

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

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Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☒☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

öööö

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

ööööö

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

ööööö

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☒
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☒
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☒
☐
☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

ööööö

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
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- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

öööööö

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

öööööö

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

11 / 08 / 1950

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☒ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☒

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☒

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☒

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☒☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

Makes me feel that I didn't concentrate enough and let everybody, including myself, down. Makes me feel lazy and off topic. IF its a show. Sloppy rehearsals is ok. You gotta have them.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☒☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☒

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Communicating by other means.

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

the craft of bending the perception of a text/space/thought/movement/meaning etc

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

In relation to my Npf- nothing but overall I agree.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☒☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☒

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

conviction

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

I couldn't even do the first one without looking like a crazy person. The second one: much better.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

no

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is
emotionally
relative to me:
Doing the
dishes feels like
it should take
40 min (when it
actually takes
5min)...

☐☐☐☐☐

I either read the
room down to
what people felt
for breakfast or
am completely
unaware.

☐☐☐☐☐

Fun, time
sensitive and
challenging is
easy --
important,
boring and in
the future is
near impossible
to do

☐☐☐☐☐

I think about
critique for
doing
something
wrong forever

☐☐☐☐☐

I constantly
challenge
authority if they
wrong me or
someone else,
at my own
expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
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- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☒☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☒☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

No big deal. We are still rehearsing, exploring possibilities.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art is creating, exploring, giving, communicating.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

The art of acting is the art of creating a true embodiment of another human being.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

This image is disturbing and chaotic for me, it disturbs my concentration.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☒☐☐

I usually don't get room or

time to express
these ideas

☐☒☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☒☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☒☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☒☐☐

Rad 7

☐☐☒☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Being able to answer the question: What is her objective?

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I absolutely HATE this kind of assignment. Both these alternatives make me extremely uncomfortable. I avoid it at all costs.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

I have nothing more to add.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I
share too much
and take up too
much space

☐☐☐☐☐

I feel trapped by
the process and
feel like you
want to move
on already to
the next

☐☐☐☐☐

I usually don't
get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
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- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything



Everyday
household
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done every day



I finish all my
own projects



If I get "into the
zone" I forget to
eat, take toilet
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When told to
buy something
from the store, I
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If someone
talks about
something
boring I "zone
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conversation to
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I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences



My batteries are
either
overcharged or
drained



Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

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Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

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If we define loosely:

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Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
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In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal infront of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Concious , restless, meaningless , bad acting but sometimes relaxed /indifferent

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☒☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Freedom , inner soul, heart , communication

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Being human , exploring inner truth, self, empati, learn about life, teach people , make people feel less lovely and recognize them selfs in someone they watch

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Freedom , visdom, the way through life , understanding about myself , my neighbour and the world.
Wouldt understand it in another way

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I
share too much
and take up too
much space

☐ ☐ ☐ ☒ ☐

I feel trapped by
the process and
feel like you
want to move
on already to
the next

☐ ☐ ☐ ☒ ☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Listen

Nearly DONE - just one segment left!

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2 STEPS

STEP 1

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- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
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- To speak fast and loud
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- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Sorry Too tired

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☒ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
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Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
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- ☒ 35-50
- ☐ 50-65
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- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
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anything



Everyday
household
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I finish all my
own projects



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zone" I forget to
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When told to
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I have to bite my
lip, and fail, to
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My batteries are
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Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

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Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

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☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☒

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

Concerned that I will forget things, flub lines and not be present. I have a strong suspicion that I may also be on the autistic spectrum.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☒☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☒☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

A creative endeavor in one of the mediums considered to be "the arts" that has an intention to express something and/or convey an emotion.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

The art of living truthfully under imaginary circumstances as a form of expression and/or entertainment.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

That I don't think I fully agree. It is ideal, but when you feel hated and misunderstood and have reason to be unhappy, the artistic expression can be forced to explode out of you to seek understanding och validation out of the need to make those who see you negatively see you in the light of your truth.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☒
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☒
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☒
☐
☐

I usually don't
get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

A clear objective and solid understanding of the character and situation, along with good scene partner who shows up to the same level.

Nearly DONE - just one segment left! *

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

Since I knew it wasn't real, the first one included me allowing myself some of the things mentioned in step 2. But I went more out there on the second try. It made me remember that sometimes being ones authentic self, no matter how weird, can be preferable to the fake veneer of expectation and can make casting directors actually like you more.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Not that I can think of right now.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

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Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 08 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

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Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☒

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☒☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I can be calm with being scatterfocused a bit during rehearsal in front of the director, but can be stressed out during a show if I can't focus on being in the situation right here and now. The feeling of underperforming on stage leaves me with fear of not getting new opportunities and jobs in the future.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art is our way of sharing eachothers different experiences of the world we live in to eachother. It's about understanding and connecting.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Acting is the art of giving life to a story. The way of putting someone else shoes on, and try to understand how they think.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

'3)' because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — "that without the room and possibility of failure ART has a very slim chance of ever existing". And what is 'room for failure' but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring "our most vulnerable and powerful selfs to be seen and known" and to be met with "trust, respect, kindness and affection" along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Love is definitely important in the working environment that we are in. Feeling safe makes me so much more open to explore and improve as an actor, makes it easier to show more of myself.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☐ ☒ ☐ ☐

I feel trapped by the process and feel like you want to move on already to the next

☐ ☒ ☐ ☐ ☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ^{*} good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Finding focus between me and my co actors is the most important. A clear scene objective as well.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Noticed I had a hard time not moving at all when filming the first film. It felt more relaxed to do the second film but probably would send the first one to a caster since it feels in my mind more like what they are after.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☒ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☒☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☒

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

Som att jag går i baklås

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☒☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☒☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Hjälp till expansion

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Vet inte

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Eget ansvar

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☒☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Kunna mina repliker utan och innan

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

Mer space in

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

För min del kort arbetsminne

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

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Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy – important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Focused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☒☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Focused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag tänker att jag har teknik som gör att jag inte behöver vara i flow för att vara "bra".

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☒

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art på engelska för mig är brett, som konst på svenska. För att summera kortfattat här tänker jag att det är något som någon har skapat för att få andra människor att uppleva det. Förutom det självklara som scenkonst kan det också vara hantverk och grafitti.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Jag översätter det rakt av till konsten att skådespela/agera och för mig är det tekniker du lär dig, erfarenheter du bär på och som du gestaltar på något sätt.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Jag använder själv olika sätt för att få ut det mesta av en text, oavsett om det är en faktatext eller ett manus. Det kan t ex vara färgpennor som dessa. Att förstå någon annans koder är dock svårt.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☒☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

öppenhet - så att jag är öppen mot mig själv och mina medspelare (och publiken om det är föreställning)

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Kunde inte göra den rent praktiskt just nu, men förstår tanken och tycker att det är bra. Mycket är så enformigt idag, speciellt på tv/film, hur man "ska" agera, prata, låta, se ut osv osv.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

-

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you? *

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

något oansvarig

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☒☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

att skapa intressanta bilder, ljud, tankar, visioner som leder en vidare

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

-

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

-

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space



I feel trapped by the process and feel like you want to move on already to the next



I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

livserfarenhet, lust, att känna mig intressant (både för andra men framförallt för mig själv)

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Kändes lite friare när jag inte behövde sitta still och stirra in i kameran hela tiden. Kan dock förstå att det kan bli lite ofokuserat för den utomstående som ska titta på det sen...

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Jag har själv aldrig fått någon diagnos (tror inte sånt var lika aktuellt att sätta på folk under min barndom) men har läääänge tänkt att jag har många av symtomen (svårt att fokusera på rätt sak, tusen bollar i luften, svårt att veta i vilken ordning jag ska göra saker osv). Dock tror jag att skådespeleriet och teatern, skrivandet hjälpt mig att hitta bättre fokus.

Tror också att jag blivit bättre på att hitta struktur genom att jobba med projekt där jag mer eller mindre tvingats producera och hålla i projektet (med känslan och risken att hela projektet faller om JAG inte gör just det).

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT you are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I think every thought that passes through your mind at stage is relevant and shouldn't get censored. compare to meditation let the thoughts pass don't judge.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☒☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

a projection space for an audience to reflect there own minds.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

The possibility to enhance the environment around us.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Love is good

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☒☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

situation (the understanding of the scene)

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I didnt perform the task.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

no

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

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In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I
share too much
and take up too
much space

☐☐☐☐☐

I feel trapped by
the process and
feel like you
want to move
on already to
the next

☐☐☐☐☐

I usually don't
get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag tycker om att gå in i arbetet och vad det väcker för överraskande konstnärliga uttryck. Spännande!

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☒☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Personlig tolkning av situationer och företeelser genom ett konstnärligt uttryck.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Ett hantverk inom konsten. Olika konstnärligt uttryck för att beskriva och gestalta människan i olika situationer. Teater, rörelse, dans, sång, mm

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Vikten av att skapa ett tryggt rum för att skapande av konst. Jag är intresserad av att hitta uttryck och gestaltning av den komplexa människan på scen Jag vill ge plats för individuella nakna uttryck som kan bli igenkännbara.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☐ ☒ ☐ ☐

I feel trapped by the process and feel like you want to move on already to the next

☐ ☐ ☐ ☐ ☒

I usually don't
get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Koncentration, förberedelse inför arbetet och inte en massa ovidkommande störningar.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Påminner mig om att jag kan "dra iväg" i samtal och måste lugna ner mig för att vara närvarande.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Inte nu

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☒ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☒

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☒

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Hyperfocused

☐☐☐☒☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☒☐☐☐

Being unfocused

☐☒☐☐☐Being
Scatterfocused☐☐☐☒☐

Being Focused

☐☐☒☐☐Being in a state
of a magical
flow☐☒☐☐☐Being
hyperfocused☐☒☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

I think it depends on the intensity required in the performance, if it's a more relaxed thing or just singing and dancing I will be annoyed but probably get over it (this is only the case now after years of working against thinking I have to be perfect) but if it's an intense show or scene requiring a lot of emotional elasticity or ensemble work and I feel scattered or unfocused I will really struggle and feel like I let others and myself down.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☒☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☒☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

How humans process and analyse the abstract nature of being alive; beauty, hardship, thoughts that are hard to express, and society. Art lifts and highlights the human experience through different microscopes.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

Emulating human emotion and reactions in a way that helps other recognise and relate to the character. Being able to define and reproduce aspects of others that you might not have in yourself by employing empathy and the study of different techniques to find that character in your voice and body. Being a mirror to the world.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

It basically sums up everything I feel is beautiful about artistic processes and environments. Theatre school as a teenager was the first time I felt this in a wider context than my family because artists tend to be more accepting and able to think outside the box, just like those of us with ADHD. It felt like coming home. This is also something that we've had as a core value in my theatre company (run by two women with ADHD), that we have love, compassion and safety at the core of what we do and how we work.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

	1	2	3	4	5	6	7	8	9	10	
Strongly AGREE	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

	1	2	3	4	5
I often feel I share too much and take up too much space	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel trapped by the process and feel like you want to move	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

on already to
the next

I usually don't
get room or
time to express
these ideas

<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	----------------------------------	-----------------------	-----------------------

I manage my
ideas and
energy down to
fit the creative
room I'm in

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	----------------------------------	-----------------------

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----------------------------------	-----------------------	-----------------------	-----------------------

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	----------------------------------	-----------------------	-----------------------

Rad 7

<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	----------------------------------	-----------------------	-----------------------

What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

For me it's always been the physicality. LABAN was life-changing for me. That and lots of other work I've done around my own relationship and presence in my body. Acting can get very intellectual, and that's good cause a lot of who we are is in our heads but what really unlocked things for me was finding that balance with using my body as as much as a tool as my mind and voice.

Nearly DONE - just one segment left! ★

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2



DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment do for you? *

No wrong answers, feel free to elaborate on your answer.

It made me realise how strict I actually am with myself in my head with these things. I am constantly aware of how much I am moving, how my eye contact is and how my voice is controlled. It's a very rehearsed/ masked version of myself which I've always thought of as just being 'professional'. But in the second one I felt I could be a lot more genuine and, to me, this would seem like a much more endearing casting video as you'd really get to see who you're working with. Interesting stuff!

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

I think a lot more actors than we realise probably have ADHD or other NPF diagnoses. It kind of makes sense - we are masters at masking and we turned that into a career! I mean I even used to joke that I lie for a living/ pretend to be other people for money but actually...there are some pretty profound aspects to that in terms of how our brains work.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5



1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?
(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be
able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the

☐☐☐☐☐

conversation to
something more
fun

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is
emotionally
relative to me:
Doing the
dishes feels like
it should take
40 min (when it
actually takes
5min)...

☐☐☐☐☐

I either read the
room down to
what people felt
for breakfast or
am completely
unaware.

☐☐☐☐☐

Fun, time
sensitive and
challenging is
easy --
important,
boring and in
the future is
near impossible
to do

☐☐☐☐☐

I think about
critique for
doing

☐☐☐☐☐

something
wrong forever

I constantly
challenge
authority if they
wrong me or
someone else,
at my own
expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner?

*

	1	2	3	4	5	6	7	8	9	10	
Strongly AGREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

.....

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or time to express these ideas

☐
☐
☐
☐
☐

I manage my ideas and energy down to fit the creative room I'm in

☐
☐
☐
☐
☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☒ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

.....

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

.....

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you? *

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy – important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☒☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☒☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag försöker att inte värdera det, utan accepterar att det händer och försöker fokusera hårdare på situationen eller uppgiften. Erfarenheten har lärt mig att det inte nödvändigtvis måste innebära att prestationen blir sämre ur åskådarens perspektiv. "Glöm den misslyckade bollen och fokusera på en ny serve!"

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☒☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Konst är människans sätt att med hjälp av sin fantasi i bild, text, tal, musik och fysisk gestaltning försöka beskriva och förstå varats komplexitet och dess alla aspekter. Konsten hjälper människan att hantera allt från vardagliga bekymmer till den existentiella ångesten över livets meningslöshet och den väntande döden. Konsten förhöjer livskänslan.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Skådespelaren är åskådarens ställföreträdare, som på scenen/i rummet gestaltar människans olika aspekter av tillvaron. Det gör hen med hjälp av en mängd olika tekniker och uttryck. Tekniker som det krävs utbildning och träning för för att de ska få störst uppskattning och verkan.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Jag tänker att personer med ADHD/NPF kanske i ännu högre grad behöver ett tryggt och tillåtande rum för att kunna prestera så bra som möjligt. Men att det borde vara självklart för allt skapande.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process...

*

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☒
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☒
☐

I usually don't get room or time to express these ideas

☐
☐
☐
☒
☐

I manage my ideas and energy down to fit the creative room I'm in

☐
☒
☐
☐
☐

I usually can fix my ideas and energy to be all about the artistic process I'm currently in

☐
☐
☐
☒
☐

I often feel like I am given a certain time

and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Det viktigaste för mig är att jag är trygg med texten/rörelserna och att jag väl känner situationen och
vad jag/vi vill uttrycka.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Det var mycket roligare att göra andra varianten! Men samtidigt för tanken genom huvudet att hur kommer det att tas emot av castaren...

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Jag har arbetat med flera kollegor som har, eller tror sig ha, ADHD. För mig är det egentligen ointressant - så länge det innebär problem. Jag vill helst inte veta vad min kollega har för diagnos INNAN vi börjar arbeta. Skulle det dyka upp svårigheter under processen kan det förstås vara bra att prata om det, men jag föredrar att möta mina medmänniskor UTAN förutfattade meningar.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☒ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I
share too much
and take up too
much space

☐☐☐☐☐

I feel trapped by
the process and
feel like you
want to move
on already to
the next

☐☐☐☐☐

I usually don't
get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☒☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☒☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

It depends on the task but it will eventually be exhausting.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE



strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

A depiction of certain perspectives of life/experiences, shared or made to be able to be observed/experienced by others.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

In the same way.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☒☐☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

To feel safe. To be present with the material.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I
share too much
and take up too
much space

☐☐☐☐☐

I feel trapped by
the process and
feel like you
want to move
on already to
the next

☐☐☐☐☐

I usually don't
get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy – important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Focused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

All thoughts are good.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☒☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

A political and interaktive action.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Weight, Space, Time and Flow and with these grounding elements handle an audience.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Interaction with your audience is essential- I have to take a stand and the risk of losing.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☒
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☒

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☒

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Listening.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

As every casting situation it's just a chance for me to show some part of myself and I do not care if I get the part (job) or not. The producer and director just want the right face and body. And I do not know a shit what that is.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

It's not the actor who tries to make itself interesting that is interesting, it's the interested actor who is interesting.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☒ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☒ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy – important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☒☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

jag dömer mig inte men försöker lyssna o vara närvarande o ta några djupa andetag

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☒☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Att kunna omforma en tanke eller känsla, i bild eller rörelse eller toner eller i ord. att berätta något på olika sätt och i olika former

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

när konstnären använder sig av alla sinnen o hela sin kropp och vill förmedla något

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Så viktigt att det i en grupp (t.ex. teater-danshögskola), ska finnas en stämning av kärlek o fokus på den som f.t. har ordet-aktionen. så man kan visa sin sårbarhet men också sin lust eller ilska osv. Att inte döma eller ironisera el dyl. Utan med öppet sinne och vakna ögon följa det som sker

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

	1	2	3	4	5	6	7	8	9	10	
Strongly AGREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

	1	2	3	4	5
I often feel I share too much and take up too much space	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel trapped by the process and feel like you want to move on already to the next	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

I usually don't
get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

ATT HA FÖRBERETT MIG:värm upp kroppen, andningen och rösten, kopplat bort livet utanför.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

jag orkar inte.Är inte vän med dessa apparater

LAST QUESTION:

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Tror ANDningen är den bästa hjälp du kan få. De perioder jag praktiserat Qigong eller yoga eller meditation, har varit mest kreativa och harmoniska .MEN svårt att ensam hitta dit. vi behöver människor, varandra.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 09 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

.....

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

.....

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I feel guilty for not being focused on what's in front of me

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE



strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

(Feel free to elaborate)

Putting a light on something and create interest

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Being good at the craft that is acting

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Can't focus on the text because of the colors and it will take me too much time to try and get the meaning of it so I'll simply pass on this one (sorry, I'm selfish and short of time)

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☒ ☐ ☐ ☐

I feel trapped by the process and feel like you want to move on already to the next

☐ ☐ ☐ ☐ ☒

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

A safe environment socially

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Not much. I feel safe in the first situation and feel most comfortable doing the second video about the same as the first one.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Nope

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

01 / 02 / 1991

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

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In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Blir Stressad. Kan få plötslig hjärtklappning när jag inser att mitt fokus dalar. Det blir ofta en kick som får mig att ta tillbaka rätt koncentration.
ett sätt är att tvinga mig själv till att begränsa mitt fokus till min motspelare för att komma tillbaka till det rum jag behöver befinna mig i för att inte tappa fokus.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☒☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Allt som är ett kreativt utkast.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Konsten att skådespela är att lita och svara på impulser från sig själv och motspelare där det lilar i ett gemensamt berättande med riktning och aktioner.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Möjligen att det är ännu viktigare för någon med en neuropsykiatrisk funktionsnedsättning att få dessa förutsättningar för att kunna leverera utan hämningar. Inte ovanligt att någon med adhd upplever högre grader av ångest och panikångest. Är rummet då tryggt och fyllt av kärlek och skaparglädje där inget döms som bra eller dåligt, utan som en nödvändig process för att hitta slutresultatet, skulle risken för ångest eventuellt kunna minska.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☒
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process...

*

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I
share too much
and take up too
much space

☐☒☐☐☐

I feel trapped by
the process and
feel like you
want to move
on already to
the next

☐☐☐☒☐

I usually don't
get room or
time to express
these ideas

☐☒☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☒☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☒☐

I often feel like I
am given a
certain time

and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Finns förstås många saker som kanske är likvärdigt viktiga. Men ska jag bara välja en:

Att rummet jag jobbar erbjuder tid och högt i tak, så att jag som skådespelare får möjlighet att landa i situationen jag ska berätta om, se min aktion och landa i mitt fokus. Samt att det inte förväntas att jag ska leverera färdiga resultat från första försök.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Första är enklare då det är så tydliga riktlinjer.

Andra är enklare för att jag bara kan vara mig själv, men ger mig mer prestationsångest när jag tittar på då det bara är jag. (mycket bekvämare att vara någon annan, i en roll när det filmas och ska tittas på)

LAST QUESTION:

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Det är ett intressant ämne att diskutera. Alla har olika förutsättningar och behov, med eller utan diagnos. För att det konstnärliga arbetet ska kunna vara lustfyllt och utvecklande, måste rummet i vilket arbetet sker vara just öppet, tryggt och omfamnade. Och det måste finnas tid och utrymme där alla också har möjlighet att yttra dina eventuella behov. Tex, tydliga tider och ramar. Eller om man gillar mycket regi eller har ett behov att få prova själv först. Etc.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☒ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

07 / 06 / 1995

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2



DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?



No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☒☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I feel uncomfortable. I wan't to be present, for me it means that I am concentrated on what I am doing - it depends on if I understand what the director means and if I feel that I can perform what is required from me. Well - it can happens when I not feel safe, and start to think about myself as an actor instead of the actingsituation. Or If I start to think about the play more like an director myself...

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art is a way to express oneself often for other people to take part of - to listen to, look at, feel, think about, sometime even to participate. It can content whatever you want. I think Art is totally free. Theres is no right or wrong. It is what it is. And if there is an audience - they are also free to think and feel whatever they want. Art can be so many different things - but I think that It has to be made by an human beeing. Nature is not art. Sound is not art in it self.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

The art of acting...hm...I think it is when you in a way leave your ego and open your mind to another level of consciousness. You chose it, to transform yourself in to another person or in to another being. You give from your self to another person - your co-actor, ensemble and your audience. And at the same time you open up for what happens in the room - from the other actors and from the audience. I think It is a choice. And often it is a need to do this, for the actor. You feel more alive. And to be focused is a good feeling. And it is a part that is linked to be listened to and express yourself..Not everyone want to be an actor...

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

'3)' because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — "that without the room and possibility of failure ART has a very slim chance of ever existing". And what is 'room for failure' but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring "our most vulnerable and powerful selfs to be seen and known" and to be met with "trust, respect, kindness and affection" along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

well I want to be open for peoples different way of feeling and thinking about create something together. I want to learn more about it - adhd/npf . Love and trust - trust and love and respect - how can we make this happen...it is always my question, and I try to answer it every time I start a project, which is many times a year. especially when I direct and teaches.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☐ ☐ ☐ ☒

I feel trapped by the process and feel like you want to move on already to the next

☐ ☐ ☐ ☒ ☐

I usually don't
get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Focus and support from the other people on stage - my ensemble, and if camera all the crew especially the director and that we have had enough time to rehearse so I know well what I'm doing

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Fun! VeryFun! I like it. It felt liberating and yes, fun! I hate that conventional presentations it makes people so boring and doesn't show the best sides of a person! And on the other side - it took me away from the questions - the time past away quicklely but I felt more like myself!

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

All this questions were so informative and gave me much bth about myself as an actor and about what it is - ADHD. Svenska nu: Såklart det behövs kunskap om detta i branschen. du skulle göra en föreställning - skapa en - med info inbakat o med din fysiska härliga energi. Inte mata på med info...mer situationer kanske...du kanske redan gjort det? För vuxna tänker jag nu - ungdomar vuxna kanske. Tack för den här enkäten.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☒ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 10 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Pretty used to it by now. When I was younger I thought I wasn't "a real" actor, but now I consider it completely normal to go in and out of focus.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☒

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

altered state of reality performed by someone trained in the field. Artist aim to communicate the wordless reality we all know and share.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Performer has talent and technical skills to "suggerera" an audience. Knowledge and physical skills to "gestalta". Actor has a real interest in becoming, to be.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

'3)' because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — "that without the room and possibility of failure ART has a very slim chance of ever existing". And what is 'room for failure' but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring "our most vulnerable and powerful selfs to be seen and known" and to be met with "trust, respect, kindness and affection" along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

To many words, don't seek your answers in academic texts, explore with your body and presence.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☒☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☒☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

good directions + scenerier, to be sure of what i'm doing, physical and vocal warm-up, responsive audience, enjoying my scenerier in an almost choreographed way, rythm between me and co-actors on stage.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

almost the same actually. Found it hard to deviate that much...

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

No.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 10 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

.....

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

.....

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

makes me annoyed and even more scatterminded

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☒☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

too hard to answer

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

also too hard, sry

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

i think the feeling of a safe(r) space is very important to be able to investigate certain scenes, feelings, charachter work etc

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☒ ☐ ☐ ☐ ☐

I feel trapped by the process and feel like you want to move on already to the next

☐ ☒ ☐ ☐ ☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ^{*} good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

to not let my inner demon director free

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

they were actually pretty similar, laughed more in the second

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nope

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 10 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☒ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☒ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☒

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☒

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☒

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

I feel like a worthless actor. It's hard to steer my emotions around this.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☒☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

Art is a language, through which one speaks of feelings, ideas and behavior etc.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

Stepping into a different mind, a different person.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

It is completely true! An insecure environment takes away all joy and confidence.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☒☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

A safe, non-judgmental environment, and a clear objective.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

Well, it's evident to me that I'm 100% more interesting and fun in the second video, and much more like myself.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

For me my ADHD actually can be a strong source of energy and creativity. Letting myself go bonkers brings out so much in my acting. But having to mask on a private, social level tends to make it harder to access that source on stage.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

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Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
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share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

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2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
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- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☒ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 11 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
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remember what
to buy

☐☐☐☐☐

If someone
talks about
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boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

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My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

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I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

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Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

.....

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

.....

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
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room I'm in

☐☐☐☐☐

I usually can fix
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I often feel like I
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Rad 7

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What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



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2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
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- etc

And film 1 min MAX

- state your name
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- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy – important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Oprofessionell till viss del men då brukar jag oftast också försöka vara ärlig med att berätta om den känslan.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☒☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Olika. Allt som påverkar människor och får de att tänka, ta med sig och återkomma till upplevelserna är konst. Allt kan vara konst, inget behöver vara konst.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Att isätta sig en annan person eller varelses värld, liv och känslor.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

I don't know

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☒
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☒
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☒
☐
☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Förkunskap om det som ska göras. Väl inläst på manus och karaktär och relationer med andra.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Skönt att vara mer lössläppt i den andra, en lärdom till vad som ändå kan användas i en ytterligare casting-film.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Mycket intressant!

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 11 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☒ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☒

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☒

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☒

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☒☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

It can make me feel frustrated and like a failior. I either get angry at myself or extreamly sad.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐

strongly DISAGREE

Two questions about art:



First:

What is your current definition of "art"?

(Feel free to elaborate)

In my eyes, art can almost be anything. Everything that gives others emotions, thoughts or imitates what's around us is art. Acting, painting, photography, dancing, sculptures, writing, building, makeup, fashion... I could go on forever! My favourite kind of art is the one that can change the world for the better and maybe make people motivated to change or be more open.

Two questions about art:



Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Acting in my eyes is a way to escape oneself. It also paints a picture of how life can be or have been (sometimes metaphorically). It's a window into a new world for the audience to read between the lines/pictures and make up their own meaning.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

I feel like a lot of people with NPF are very hard on themselves. I, for example, am very afraid of failing and not being good enough. It's scary to be vulnerable. To work 120% because you can't focus even when you really try and to then fail. Failure comes often when you have a brain who works against you sometimes. And having to swim faster than everybody else and still not get to the finishline is painful. But I have learned that failure and being vulnabile is what have made me grow the most as an actor. Because that's when I 1. Learn the most and 2. am the closest to my feelings and creativity. Instead of hating myself I try to love myself, just as much as I love acting, so that my vulnarbility grows down like roots into the ground and I grow upwards.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☒
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process...

*

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☒

I usually don't get room or time to express these ideas

☐☐☐☒☐

I manage my ideas and energy down to fit the creative room I'm in

☒☐☐☐☐

I usually can fix my ideas and energy to be all about the artistic process I'm currently in

☒☐☐☐☐

I often feel like I am given a certain time

and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

To feel safe with my team. If we all cheer on each other and be there for each other when things are hard. Shit always hits the fan at the end of the process and that's when you need each other the most. An audience that gives feedback by reacting or just hearing what they found interesting is always good too. You become blind to your own project so easily, so an outside eye is always appreciated. The last thing is a mantra my teacher taught me. "GÖR DET BÄTTRE SJÄLV DÅ!" Because sometimes the critics are hard. That does NOT mean you are bad. Don't give up. The show must go on.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I realized how tense I was in the first one. Trying to look and act so professional that I became a boring statue. In the second one I had pauses, I laughed, lost focus when the cat jumped on the table but could also show a more fun version of myself and the fun "acting" personality I have where I always make different faces, voices and dialects. I would personally be more interested in the second one, but would never have the confidence to send that audition tape to anyone.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

I loved this! I think this is something we should talk about more. Especially since a lot of actors do have ADHD and a lot of them have a very low selfesteem and are too hard on themselves. The mental health damage from that is bigger than most people think...

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☒ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 11 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☒ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☒

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☒

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☒☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☒☐

Being unfocused

☐☐☒☐☐Being
Scatterfocused☐☐☒☐☐

Being Focused

☐☒☐☐☐Being in a state
of a magical
flow☐☒☐☐☐Being
hyperfocused☐☒☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

Off-beat

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☒

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☒☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

some creative output based on a strong impulse

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Bringing the expressions of the actor into the shaping a performance

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

To feel safe and secure is important in all professions. Good emotional environments bring out a magic buzz in ensembles. NPF:s and actors' emotionally based work can make these environments stronger but also more vulnerable. Much of the good buzz of a working environment goes away if there is too much protocol, but productions can benefit greatly from spending time to set up a safe environment for all.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

	1	2	3	4	5	6	7	8	9	10	
Strongly AGREE	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

	1	2	3	4	5
I often feel I share too much and take up too much space	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel trapped by the process and feel like you want to move on already to	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

the next

I usually don't
get room or
time to express
these ideas

☐☒☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☒☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☒☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☒☐☐

Rad 7

☐☐☒☐☐

What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Being prepared

Nearly DONE - just one segment left! ★

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2



DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment do for you? *

No wrong answers, feel free to elaborate on your answer.

I was tired of the questionnaire so I did none of them. In the beginning I checked for ADHD but I didn't check for actor since it was some time since I did any work. The questionnaire then set me up as a non ADHD actor (clearly wrong), so I backed out and clicked Yes on the acting question. Then I filled in my answers as well as I could from memories of my earlier work. I have never done video castings and I am not sure I would. The assignment gave me affektionsregleringsproblem.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

no

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 11 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I accept, breathe, stay in the now and think that it is how it is. No worries.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☒☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Something in opposition to nature and facts

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Being in contact with the text and my inner being at the same time as the story evolves.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

I zone out.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☒☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Contact

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I cheated. It was too much

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Jag tycker vi talar för lite om hur personerna med ADHD påverkar sin omgivning. Jag har vuxit upp med grav ADHD i min ursprungsfamilj. Förmodligen har jag själv en släng av det men eftersom det finns de i min närhet som har så mycket mer ADHD finns inte plats för mer kaos. Det finns mycket medberoende och lidande som kan utvecklas i skuggan av de ADHDpersoner som aldrig kan ta in andra, visa hänsyn och känna in andras behov. Det är naturligtvis inte alltid så med alla ADHD-personer, men så har det varit för mig. Jag kan verkligen känna mig trött på att stå/hålla tillbaka för att ADHD-personer har så mycket större behov. Det är svårt i kreativa processer.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

12 / 22 / 1967

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

.....

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

.....

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☐☒☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☒☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I don't experience a problem drifting focus while on stage or on set.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☒

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

A creation in a wide definition where the goal is for it to be experienced of some form of audience.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

The art of performing. The art of playing. The art of giving life to text and/or story, action, fictional persons, animals, creatures, movements and objects under imaginary circumstances in order to be experienced by an audience of some form.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

'3)' because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — "that without the room and possibility of failure ART has a very slim chance of ever existing". And what is 'room for failure' but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring "our most vulnerable and powerful selfs to be seen and known" and to be met with "trust, respect, kindness and affection" along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

That it was a confusing picture. I was not motivated enough to give it the time I would have needed to fully comprehend it.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

	1	2	3	4	5	6	7	8	9	10	
Strongly AGREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

	1	2	3	4	5
I often feel I share too much and take up too much space	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel trapped by the process and feel like you want to move on already to the next	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
---	-----------------------	-----------------------	-----------------------	----------------------------------	-----------------------

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Emotional understanding of character, story and/or situation.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

The second one was better and more fun to do.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Go Alex!

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 11 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you? *

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☒ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

It should not enter your mental space during acting

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Acting is also a kind of art that practically to reach the magical flow the actors have to use two methods; Stanislavsky and Meisner

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Acting feels realistic, believable, surprising/ Jack Nicholson / charismatic which means it's subtle and nuanced but still indicates complex interior states. Actors who perform with nuance can convey complicated emotions and intricate details with a single understated glance.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

'3)' because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — "that without the room and possibility of failure ART has a very slim chance of ever existing". And what is 'room for failure' but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring "our most vulnerable and powerful selfs to be seen and known" and to be met with "trust, respect, kindness and affection" along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Sorry I can't help you

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☒

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☒

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Try to imitate the greatest actors; Marlon Brando, Jack Nicholson, Dany Lewis, etc

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Fantastically good, it was very inspiring and imaginative

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

It would be interesting to know more about ADHD actors and their activities in Sweden

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☒ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 11 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is
emotionally
relative to me:
Doing the
dishes feels like
it should take
40 min (when it
actually takes
5min)...

☐☐☐☐☐

I either read the
room down to
what people felt
for breakfast or
am completely
unaware.

☐☐☐☐☐

Fun, time
sensitive and
challenging is
easy --
important,
boring and in
the future is
near impossible
to do

☐☐☐☐☐

I think about
critique for
doing
something
wrong forever

☐☐☐☐☐

I constantly
challenge
authority if they
wrong me or
someone else,
usually at my
own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

.....

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

.....

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☒☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☒

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☒☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Usually there are periods of flow-focus and periods of disturbance - it's like that always. Of course I want to be totally in the play and in the situation and in my acting, but then someone in the audience goes to the bathroom or sneezes or, I see one of my props is not on it's place and at the same time I'm acting I'm thinking of how to solve problems and not pleasant but that's reality. If I'm out of focus and I cannot get in to what I'm suppose to do - I feel bad, but if I'm trying to solve problems that appears and working against outside disturbance, I don't feel bad. The goal is magical flow of course.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE



strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Research. Years of practice. Inner emotions, thoughts, needs to come out

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

A lot of hard work, discipline, fantasy, empathy, curiosity, courage and "let go"

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Very true. Unfortunately there are rarely these circumstances during work.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process...

*

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☒☐

I usually don't get room or time to express these ideas

☐☐☒☐☐

I manage my ideas and energy down to fit the creative room I'm in

☐☒☐☐☐

I usually can fix my ideas and energy to be all about the artistic process I'm currently in

☐☒☐☐☐

I often feel like I am given a certain time

and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

A working material - text or situation that is well made/prepared. If I get inspired of the material, if I feel it's relevant and important it so much easier to do it and to do it well. I need to get myself engaged. Why be on stage if I have nothing important to say.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Nr 2 makes me freer. The presentation is the worst in selftape situations

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Talk about it!

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 11 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2



DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐

DONE!

What did this little casting assignment do for you?



No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag tycker oftast att det känns helt okej, blir inte orolig över det. Det är såklart härligt att vara i ett flow, men ser det också som en del av hantverket som skådespelare att kunna prestera och vara närvarande utan att måsta vara i flow för det.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☒

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

(Feel free to elaborate)

Något som någon/några skapar med hjälp av sin fantasi och som andra kan betrakta/ta del av.

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Att med sin kropp och röst ge gestalt åt tankar, text, liv.

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Jag tänker till att börja med på att såhär borde det vara i alla konstnärliga processer, och inte minst i de fall vissa deltagare har diagnoser av något slag.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☒
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☒
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☒
☐
☐
☐
☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Förberedelsetid

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Ledsen att jag inte hade möjlighet att göra denna del av enkäten!

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

För mig som inte har adhd hade det varit intressant att ta del av upplevelser av skådespelararbetet från de som lever med diagnoser i sitt skådespelaryrke. Prata mer öppet överhuvudtaget om det kanske, att jag också ska våga fråga.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 12 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy – important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☒☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I just try to stay in the situation and accept

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☒☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art is life.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

presens

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

I don't want too read all that but I use coulers a lot my self

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☒☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☒☐☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Be together and learn the lines really good. Read the hole script many times. Listen so you know what you are answering

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

I loved nr 2

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

I think My energy is always higher then others and maby I got a tuch of ADHD

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 14 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a *
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☒☐☐

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☒

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

That I need to have more work done to the scene to be able to keep focus so its only 70-30

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☒☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

The way to describe what can not be described in a way that gives hope

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

To be able to bring us to another world and have all in the room believe it

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

It is true for everyone everywhere-love and feel safe is neccesary

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☒
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☒
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☒

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

That I think it fun and that I trust the people around me

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

More fun to do the last one, feels more me

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

ADHD or not - the balance in the room is always essential to make people feel heard ,seen and that everyone have a safe space, the needs are different and compromises is how we get by in life

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☒ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 14 / 23

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I want to be as much focus as possible

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☒☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Your own typ of performance, the "art" that you work with, train for etc

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

How you create, practice and prepere yourself for the stage

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

For me, blurry for someone else a key to find the order or focus of the task

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☒☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☒☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☒☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Trust for/in your partner/yourself and confidence in the process, meaning it takes time

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

sorry, i didn't do this

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

in work with ADHD people as a director, try to find out more about the person, how that person want to deal with the working process

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☒ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 15 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☒☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☐☒☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☒☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Sometimes I am not that focused because of a boring director otherwise I am very focused

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☒☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Theater, film, singing, painting, improvising ,

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

There is nothing you can say about that...life is "art of acting"

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

The blue

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☒
☐
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☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☒
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☒
☐
☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Script and an understanding and listening director

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

It depends, sometimes I move around and improvise which I am very good at

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

I would like to tell the director about my ADHD so the they know

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☒ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 16 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☒☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☒☐☒☐☐

I think about critique for doing something wrong forever

☒☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☒☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Ikke närvarande, jag måste göra något för att finna mig i stunden. En liten paus eller ett djupt andetag brukar räcka. Jag har inte så stora problem med att finna it själv i situationen ifall jag blir avbruten av tankar eller annat fokus. Om jag blir det får jag skuld känslor men de går snabbt över.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE



strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Att försöka påverka någon emotionellt på en avtalad plats, i ett avtalat rum och/eller på en avtalad tid.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Att berätta en historia genom att porträttera en karaktär.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Platsen av kärlek måste även finnas inom dig. Vissa skulle kanske kalla det "självförtroende", men min upplevelse av människor med ADHD är att de ofta lever med en bild av att de är okapabla eller "dåliga" på att göra många saker som kan anses vara nödvändiga för yrket. Gissar att det är svårt att visa sig sårbar om man ofta fått höra att man är "fel" som man är och har en diagnos att referera till. En diagnos som kanske ofta kan kännas som att den är utanför ens makt att kontrollera.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☐ ☒ ☐ ☐ ☐

I feel trapped by the process and feel like you want to move on already to

☐ ☐ ☒ ☐ ☐

the next

I usually don't
get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★ good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Självförtroende

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☒ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Den andra versionen är oftast så jag gör. Den första blir stel, tråkig och är inte alls jag. I en sån situation är castaren mer intresserad av vem jag egentligen är, och det är som du skriver: "Finns inga fel svar", samma regel tänker jag gäller med en presentation.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Nix

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 16 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☐
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☐
☐
☐
☐
☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything



Everyday
household
shores gets
done every day



I finish all my
own projects



If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water



When told to
buy something
from the store, I
always
remember what
to buy



If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun



I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences



My batteries are
either
overcharged or
drained



Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...



I either read the room down to what people felt for breakfast or am completely unaware.



Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do



I think about critique for doing something wrong forever



I constantly challenge authority if they wrong me or someone else, at my own expense.



If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming



Being unfocused

Being
Scatterfocused

Being Focused

Being in a state
of a magical
flowBeing
hyperfocused

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

Jag är ok med det, det är absolutly good enough att vara koncentrerad. Det är ett arbete inte nåt flum.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE



strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Egensinnighet Kreativitet Att tänka och experimentera annorlunda ARBETE

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Egensinnighet Kreativitet Att tänka och experimentera Nöta in fysiskt minne ARBETE

Extra pondering about Berne Browns definition of Love in combination with art:

(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Gillar det. Jag tror att jag egentligen har ADHD eller liknande, hade jag varit barn idag hade jag definitivt fått den diagnosen

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1 2 3 4 5

I often feel I share too much and take up too much space

☒ ☐ ☐ ☐ ☐

I feel trapped by the process and feel like you want to move on already to the next

☐ ☒ ☐ ☐ ☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ^{*} good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Disciplin. OCH Få råd att fixa mina (köpa nya)tänder.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Mycket mer bekväm när jag får bete mig som jag vill och är

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Medvetenhet hos castare om detta

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 17 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☒ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☒ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☒☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☒

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☒☐☐☐

I think about critique for doing something wrong forever

☐☒☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☒☐☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

It doesn't stress me so much as it used to do when I was younger. You can't be in the flow always. I just have to power through those days when I feel boring, tired, I've got no idea to make a scene interesting. Those days you may feel like you're a disappointment to the whole ensemble and the director.... but that is part of the job, to work through it.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ ☐ Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE



strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Art is communication! Took me a long time to figure this out....that's why I get so frustrated if the audience doesn't seem to listen. And that's why I need a live audience, or a camera, the art doesn't happen if there's no one receiving it, and giving energy back. (Yes this is weird, but a camera gives something back....do not ask me how haha!!)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

To communicate, again. And it is important that the audience knows the "deal": this is an act, this is a play. You just have to watch it, you are not responsible for what is happening.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selves to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Hmm, if I start with the second part about my artistic process: I have it easier to relate to the words "vulnerability, trust, respect, kindness, affection" in the acting process, than "love". It might be that love is often given blindly, no-matter-what, sort of? And specifically as a woman, the acting world can be really "suck you dry" if you just give blindly! I have a feeling that asking me to love would be to ask to much? Also, I grapple with the words "room for failure". I absolutely understand it in rehearsal! I've done some clown-technique, and clown-shows, and seen very good clownshows. They talk alot about "go in and fail", and I do not really get it.... I've seen lovely colleagues do lovely clown-work, and also in front of paying audiences! But I still need to feel "safe", in what I finally bring to the audience. I've been learning more improv though, so I'm working on that. The second question, in relation to ADHD/NPF: I don't think about it, not to begin with, I believe. I still have to process every role in what do they want, need, why do they act/say like they do. Sometimes, after a while, I might get a feeling of "hmmm maybe this person is on the spectrum", but I still have to do the same work.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐
☐
☐
☐
☒
☐
☐
☐
☐
☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐
☐
☒
☐
☐

I feel trapped by the process and feel like you want to move on already to the next

☒
☐
☐
☐
☐

I usually don't get room or time to express these ideas

☐
☒
☐
☐
☐

I manage my ideas and energy down to fit the creative room I'm in

☐
☐
☐
☒
☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Well, I think I need the director to just back the off in the final day. Do NOT come to the changing
room and give me some final notes the hour before we start.....My brain will not have time to process
it. It will just make me tense up and start wondering "what does she mean, how much does it change
my scenes, I thought I did that already" and blah blah...just leave me the fuck alone, I'm the one going
out meeting the audience, they can't hold my hand out there.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

Haha it was fun! I usually do not have any problems doing selftapes, and I think my movements, and talking a bit extra and leaving the script is just personality, and makes the presentation better. When you move around they see more of you, hear different voicequalities. So both the films were quite ok in temperament i think.... but I would not send the second one, haha! It was a little bit to messy!

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Naahhhhh, as I wrote before, you still have to do the heavy lifting with every role.....what does that person want, why are they in this story/play.....that is the same for everyone and every role. I do not know if that answers your question?

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q_c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☒ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 20 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☐ Yes

☒ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☐ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☒ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☒ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☒ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☒☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☒☐

I think about critique for doing something wrong forever

☒☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☒☐

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☒☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

I think it's just normal and might depend on other factors in life.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☒☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☒☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

The expression of oneself through artistic mediums such as dance, acting, writing, painting, music and so on.

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

To become one with a character and tell their story.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

I agree that you need to be vulnerable to create art, especially theatre where you become one with a character.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☒☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☒☐

I feel trapped by the process and feel like you want to move on already to the next

☐☒☐☐☐

I usually don't

get room or
time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a * good actor.

Could be anything from a clear scene objective, great substitution, to a responsive audience, to not having any blisters or small wounds on your body - what ever is the most important thing for YOU to be able to perform well on stage/infront of the camera.

Knowing my character so that no matter what happens I can improvise and feel comfortable with doing the character justice.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☒ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

The first one felt like acting as myself and the second one felt like being myself.

LAST QUESTION: *

Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

Not currently.

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☐ Nope, I'll keep myself updated through socials, thank you
- ☒ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 21 / 2023

Det här innehållet har varken skapats eller godkänts av Google.

Google Formulär

ADHD-ACTOR (open to public)

Some questions to help research neurodiversity in the field of Acting at Stockholm University of the Arts <3

Should take 5-20 min of your time (depending how you answer)

(Frågorna är till för att hjälpa mig undersöka adhd-skådespelaren på Stockholms Konstnärliga Högskola – Helt okej att svara på Svenska <3 Hojta gärna om Engelskan är för svår i något avsnitt så ska jag försöka förenkla det avsnittet)

Do you have an ADHD diagnosis? *

☒ Yes

☐ No

ADHD

Answers from ADHD-people

Are you an actor? *

☐ Yes (no degree but working as)

☐ No

☒ Yes (and a bachelor's degree or higher)

non-ADHD

Answers from Non-ADHD-people

Are you an Actor *

- ☐ Yes (no degree but working as)
- ☐ No
- ☐ Yes (bachelor's degree or higher)

Non-ADHD-non-Actor

Answers from Non-ADHD-people that currently doesn't identify themselves as actors.

Right now I'm only collection data from Actors with or without ADHD.

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list at the finish of the survey - Thank you for your interest in my research <3

AND: You are very welcome to fill in the What is ART survey that is open to the public too, if you want (at the end of this survey) <3

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

.....

Jump to finish of survey? *

☐ Finish survey

ADHD-Actor

Answers from ADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information) *

- ☐ Non binary
- ☐ Female
- ☒ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☒ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly disagree

AND

5 Strongly agree

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish practically anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Everyday household chores gets done every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish all my own projects	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I get "into the zone" I forget to eat, take toilet breaks and drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
When told to buy something from the store, I always remember what to buy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone talks about something boring I "zone out" or steer the conversation to something more fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have to bite my lip, and fail, to not interrupt people or finish their sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My batteries are either overcharged or drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☒

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☒☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☒

I think about critique for doing something wrong forever

☐☐☐☒☐

I constantly challenge authority if they wrong me or someone else, usually at my own expense.

☐☐☐☐☒

If we define loosely:

*

Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Being in a state of a magical flow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being hyperfocused	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Whilst acting do you feel that you need to be hyperfocused or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE



Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- how does that make you feel? And what do you think about that? *

I feel that I might not have performed well.

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☒☐☐

STRONGLY DISAGREE

How often do you feel the need to mask your ADHD during your acting work, either as playing neurotypical or restraining yourself to adhere to social norms at your work place? *

1 2 3 4 5 6 7 8 9 10

Every singel hour
of the day!

☒☐☐☐☐☐☐☐☐☐

Once a month/never really
thought of it...

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☒☐☐☐☐☐☐

strongly DISAGREE

Two questions about art:

*

First:

What is your current definition of "art"?

Bilde künstler – rede nicht!

Two questions about art:

*

Second:

How would you currently define the "art of acting"?

It's not art, it's a craft.

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

We are not allowed to be vulnerable when we work.

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☒☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☒☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☒☐☐☐☐

I usually don't get room or

time to express
these ideas



I manage my
ideas and
energy down to
fit the creative
room I'm in



I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in



I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in



Rad 7



What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, to a responsive audience, to not having
any blisters or small wounds on your body - what ever is the most important thing for YOU
to be able to perform well on stage/infront of the camera.

To feel safe in an environment where it's okay to fail.

Nearly DONE - just one segment left!



THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!



Done!

STEP 2

*

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT
this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself



DONE!

What did this little casting assignment do for you?

*

No wrong answers, feel free to elaborate on your answer.

I had a better flow.

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

I was diagnosed so late in life that it's hard to have an opinion. The most important thing for me is to work in an environment without jargon and permission to make mistakes.

nonADHD-Actor

Answers from nonADHD-people that are currently identifying themselves as actors

What gender? (collected because the ADHD-misrepresentation in women is important information)



- ☐ Non binary
- ☐ Female
- ☐ Male
- ☐ Identify outside these categories
- ☐ Don't want to answer

How old are you? *

(Gathered to gather information about ADHD over time)

- ☐ 6-10
- ☐ 11-15
- ☐ 16-18
- ☐ 19-25
- ☐ 26-35
- ☐ 35-50
- ☐ 50-65
- ☐ 65-75
- ☐ 75-90
- ☐ 90-

On a scale 1-5 *

1 Strongly DISAGREE

AND

5 Strongly AGREE

Where would you put yourself?

(if on mobile, tilt your phone)

1

2

3

4

5

I need a sharp
deadline to be

able to finish
practically
anything

☐☐☐☐☐

Everyday
household
shores gets
done every day

☐☐☐☐☐

I finish all my
own projects

☐☐☐☐☐

If I get "into the
zone" I forget to
eat, take toilet
breaks and
drink water

☐☐☐☐☐

When told to
buy something
from the store, I
always
remember what
to buy

☐☐☐☐☐

If someone
talks about
something
boring I "zone
out" or steer the
conversation to
something more
fun

☐☐☐☐☐

I have to bite my
lip, and fail, to
not interrupt
people or finish
their sentences

☐☐☐☐☐

My batteries are
either
overcharged or
drained

☐☐☐☐☐

Time is emotionally relative to me: Doing the dishes feels like it should take 40 min (when it actually takes 5min)...

☐☐☐☐☐

I either read the room down to what people felt for breakfast or am completely unaware.

☐☐☐☐☐

Fun, time sensitive and challenging is easy -- important, boring and in the future is near impossible to do

☐☐☐☐☐

I think about critique for doing something wrong forever

☐☐☐☐☐

I constantly challenge authority if they wrong me or someone else, at my own expense.

☐☐☐☐☐

If we define loosely:



Daydreaming: meaning not doing a task and completely jumping associatively between ideas, thoughts and dreams introvertly in your head

Unfocused: Trying to do a task but thinking of something else or falling into a daydream not able to focus on the tas.

Scatterfocused: Able to do the task and at the same time daydreams fly around and other thoughts occupy your brain - or strongly constantly try to pull you away.

Focused: No daydreams at all, a clear focus just doing the thing, other thoughts may pop up but they fade quickly away and don't bother you.

In magical flow: There is nothing else but the task, you are absorbed with it and other thoughts don't even bother to appear to pock at your interest.

Hyperfocused: A magical flow that is hard to break out of even if you try or someone yells att you to come and eat, or physically touches you - you may forget it instantly and continue the task. Forgetting to take breaks, eat, rest and got to the bathroom.

AND

(1) is close to never

AND

(5) Is close to always

Whilst acting and rehearsing how often are you:

	1	2	3	4	5
Daydreaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scatterfocused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a state of magical flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hyperfocused

☐☐☐☐☐And whilst **NOT** acting (not being up on the stage)?

*

(1) is close to never

AND

(5) Is close to always

How often are you _____ during a rehearsal day

1

2

3

4

5

Daydreaming

☐☐☐☐☐

Being unfocused

☐☐☐☐☐Being
Scatterfocused☐☐☐☐☐

Being Focused

☐☐☐☐☐Being in a state
of a magical
flow☐☐☐☐☐Being
hyperfocused☐☐☐☐☐

If boring: Do you find learning your lines (by yourself) to be harder than with a scene partner? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Whilst acting do feel that you need to hyperfocus or be in a state of "magical flow" to perform well? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Working alone with a text - do you find it almost impossible to move up on the floor, unless there is a sharp deadline (like the last 5-10 minutes of the session)? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

If you're not hyperfocused/or in a state of magical flow during a show or during rehearsal in front of the director -- meaning other thoughts might enter your mental space during your acting, being scatterfocused -- how does that make you feel? And what do you think about that? *

.....

During the rehearsal period do you demand of yourself to be NOT scatterfocused on stage from day one? *

Scatter focused meaning being able to think other thoughts at the same time as you're acting...

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Do you ask yourself the question if a character is neurotypical, whilst doing character research for a new role/play, every time? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

(if used) Do you revise your playable action/substitute/inner monologue to be able to perform a rehearsed piece in front of an audience as good as you want to more than 10 times during a period of 75 shows? *

1 2 3 4 5 6 7 8 9 10

strongly AGREE

☐☐☐☐☐☐☐☐☐☐

strongly DISAGREE

Two questions about art: *

First:

What is your current definition of "art"?

(Feel free to elaborate)

Two questions about art: *

Second:

How would you currently define the "art of acting"?

(feel free to elaborate)

Extra pondering about Berne Browns definition of Love in combination with art:
(and sorry for all the colours, helps me to read sometimes and sometimes confuses me alot...).

‘3)’ because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — “that without the room and possibility of failure ART has a very slim chance of ever existing”. And what is ‘room for failure’ but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring “our most vulnerable and powerful selfs to be seen and known” and to be met with “trust, respect, kindness and affection” along the way.

How does this image above make you think in relation to ADHD/NPF and Acting and/or your ARTistic Processes? *

Does being emerged in a sound scape help you narrow down, and maintaining, your focus during a show? *

1 2 3 4 5 6 7 8 9 10

Strongly AGREE

☐☐☐☐☐☐☐☐☐☐

Strongly DISAGREE

Dealing with sudden burst of creative ideas, inspiration or energy in general during a shared creative process... *

1 strongly AGREE

AND

5 Strongly DISAGREE

1

2

3

4

5

I often feel I share too much and take up too much space

☐☐☐☐☐

I feel trapped by the process and feel like you want to move on already to the next

☐☐☐☐☐

I usually don't get room or

time to express
these ideas

☐☐☐☐☐

I manage my
ideas and
energy down to
fit the creative
room I'm in

☐☐☐☐☐

I usually can fix
my ideas and
energy to be all
about the
artistic process
I'm currently in

☐☐☐☐☐

I often feel like I
am given a
certain time
and room to
share my own
ideas on a
satisfactory
level during
most artistic
processes I've
been in

☐☐☐☐☐

Rad 7

☐☐☐☐☐

What would you say is the single most important acting device for YOU to be able to be a ★
good actor.

Could be anything from a clear scene objective, great substitution, to a responsive
audience, to not having any blisters or small wounds on your body - what ever is the most
important thing for YOU to be able to perform well on stage/infront of the camera.

Nearly DONE - just one segment left!

THIS IS A VERY SHORT ACTING ASSIGNMENT.

We are going to simulate a casting call where you already have done your scene and now there is just the part of sending the short presentation video to the caster.

2 STEPS

STEP 1

FILM the presentation like usual (hold your phone or just put it on the table, this footage is just for you so do it however professionally you want). 1 min video MAX

- Sit still and look into the camera
- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

DON'T DELETE the footage just yet!

☐ Done!

STEP 2

DON'T LOOK AT THIS PART BEFORE DOING PART 1 :P

Now, what you're going to do is exactly the same BUT this time you are ALLOWED to deviate from the societal (and acting) norms... So...

Do it again and just ALLOW yourself the possibility

- To look away from the camera (not keeping eye contact)
- To move around
- To gesture
- To speak fast and loud
- To deviate from the "script" and go on a tangent about something else
- To get excited about what your talking about
- To do ticks and self soothing motions
- etc

And film 1 min MAX

- state your name
- your age
- what you've most recently done
- what school you went to
- something short about yourself

☐ DONE!

What did this little casting assignment and it's variant do for you?

No wrong answers, feel free to elaborate on your answer.

.....

LAST QUESTION:



Is there something you wish to share with me or think should be talked more about concerning ADHD and acting -- please feel free to share here.

.....

ADHD-non-Actor

Answers from ADHD-people currently indentifying as non-Actors.

Thank you for your time! I'm currently just asking questions to ADHD actors and non-ADHD actors.

AND:

If you are interested in the answers from the survey or just want to stay updated follow me on <https://instagram.com/acromee> or add your mail to the mailing list down below - Thank you for your interest in my research <3

BUT your are very welcome to help me by answering these two questions about art:

What is your current definition of "art"?

(feel free to elaborate)

.....

Second art question:

How would you currently define the "art of acting"?

(feel free to elaborate)

.....

Have a question, tip or like to tell me something related to ADHD-acting, here is your chance:

Jump to finish of survey? *

☐ Finish survey

Than you for your time! You're done!

Thank you for taking your time to answer my questions or showing an interest in my research <3

Here are my socials:

<https://alexanderlindman.se> (home page)

<https://instagram.com/acromee> (Instagram)

And if you haven't had enough of surveys here is one about defining art that you are very welcome to answer too (when you feel like it

<3): https://docs.google.com/forms/d/e/1FAIpQLSd0qodgW4Q__c4I-9GWBHtsC5CPzia31xXtms-DWTD0XphXgg/viewform?usp=sf_link

All the best!

Alexander Lindman

Master student in Acting Fine Arts

ADHD Actor researching the ADHD SoMe actor at Stockholm University of the Arts

EMAIL NEWSLETTER OPT IN:

If you want you can share you email adress with me by subscribing on this link [HERE](#). To get updates and invites to coming things about my research

(I'll send you an email each year to ask you if you still want to be on the mailing list according to GDPR)

Here is the link again <http://eepurl.com/ikQtSD> :)

- ☒ Nope, I'll keep myself updated through socials, thank you
- ☐ Nope, I'm just here for this specific survey, thank you
- ☐ Yes! I subscribed to the newsletter thank you!
- ☐ Yes! I subscribed to newsletter and will follow on socials, thank you!

Finished survey *

MM DD ÅÅÅÅ

05 / 23 / 2023

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