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OF ADHD  
MANAGING



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# ADHD SELF-HELP TOOLKIT

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A JOURNEY FOR  
LEARNING AND  
MANAGING  
ADHD  
STRUCTURED FOR FOCUS,  
BALANCE, AND  
GROWTH



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# Self Help Toolkit

**Dorrie K. Fontaine, Tim  
Cunningham, Natalie May**



## **Self Help Toolkit:**

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audio equipment they connect to generally it will show the input such as a 3.5mm jack for connecting to phones or other audio devices as well as the output which is usually an amplifier or speaker

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aug 29 2023 the blue terminal is connected to the tip the red terminal is connected to the upper ring the yellow terminal is connected to the lower ring and the green terminal is connected to the sleeve stereo headphone jack wiring and connection diagram here you can see the connection of a stereo headphone

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jul 7 2023 wired headphones connect to a playback device's analog headphone socket using a jack plug suppose they're standard stereo headphones with no microphone in that case it's a three-terminal tip-ring-sleeve TRS connector easily identified by the two insulating bands usually black on the barrel of the jack these are commonly found in two sizes

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