

ADHD & GENDER

ADHD in Women: Unmasking the Invisible Struggle.

Diagnosis criteria were built around boys. Women experience different, internalised symptoms — leading decades of struggles to be dismissed.

ADHD in women is frequently missed, misdiagnosed as anxiety or depression, and dismissed as personality traits. The average age of diagnosis for women is 36 – 38 — after years of compensating, masking, and wondering what's wrong with them.

75%

Of women with ADHD are undiagnosed or misdiagnosed. The average age of diagnosis for women is 36 – 38 — after years of being told they're anxious, disorganised, or "too emotional."

WHY WOMEN'S ADHD LOOKS DIFFERENT — INTERNALISED, MASKED, AND MISSED

Women with ADHD tend to present with **internalised symptoms**: anxiety, low self-esteem, emotional dysregulation, and chronic overwhelm — rather than the hyperactive, disruptive behaviour used to diagnose ADHD in boys.

Masking is the process of hiding ADHD symptoms to appear "normal." Women are socialised to mask more effectively — which means their ADHD is harder to spot, but the internal cost is enormous.

Hormonal fluctuations across the menstrual cycle, pregnancy, perimenopause and menopause all significantly affect ADHD symptoms — a connection that is still largely unrecognised in clinical settings.

PRACTICAL TOOLS — WHAT ACTUALLY HELPS

1

Trust Your Experience

If something has always been harder for you than others, that's data. You're not lazy or broken.

2

Seek Specialist Assessment

Ask for a specialist who understands female ADHD presentation. General assessments often miss it.

3

Track Your Cycle

Note how your symptoms change across your cycle. Oestrogen directly affects dopamine regulation.

4

Drop the Mask

Masking is exhausting. Find safe spaces where you don't have to perform neurotypicality.

5

Reframe Your History

Many "failures" were actually ADHD. Rewriting your story with this lens is healing.

6

Connect with Others

Find women with ADHD. The recognition and validation is profoundly therapeutic.

"ADHD coaching that works with your brain, not against it."

BOOK A FREE DISCOVERY CALL
[DANIELLEHARRISCOACHING.COM](https://danielleharriscoaching.com)