

What Does ADHD Look Like In Women

The traditional symptoms of ADHD like aggression, hyperactivity, and other external, noticeable behaviors are more applicable for men not women. Science has not adequately addressed the research of ADHD diagnosis in women of how it appears and progresses differently based on the different gender composition and neurology.

There is still so much yet to be uncovered

This makes life for ADHD women overwhelming, and messy leading to constant feeling of shame and self-criticism from not meeting society's stereotypical expectations of women.

Two Major Points

1 Nope, not the best at multitasking

Women are natural at being multitaskers. "They can flawlessly manage, self, family, home, and work"

The Most common symptom of ADHD in women is inattentiveness *poor attention to detail, limited attention span, forgetfulness, distractibility* but most ADHD women have become experts in camouflaging those symptoms and learned how to compensate for them as a result of society's long list of expectations especially the perception that women are not entitled to a support system.

Clearly their is a character flaw everyone else around them seem to have everything figured out

2 Symptoms do fluctuate

ADHD symptoms become worse as estrogen levels decrease. The neurotransmitter activity in the brain is influenced by estrogen which affects attention, motivation, verbal memory, sleep, and concentration. For women estrogen decreases after ovulation, in the middle of the cycle, and even further near the start of menstruation which is most often expressed as anxiety and emotional volatility and more than often leads to an incorrect diagnoses of anxiety or a mood disorders

ADHD In Women isn't the same as it is for men. It does not follow the society's stereotypical understanding of ADHD symptoms

Negative Sense of Self

They believe that they are defined as chaotic and are always anticipating getting criticized.

Lack of motivation, Disorganization, Being too distracted

Always Apologizing

They believe that they are always screwing up and keep asking for forgiveness

Always being late, Cant keep the house clean, Cant catch up with daily responsibilities

Rigid Perfectionists

They believe they are less capable and get immersed in obsessive preparations to compensate,

Getting distracted, Too focused and lose track of time, Giving up on projects

Socially Inadequate

They believe they will get socially rejected and rarely initiate friendships.

Consistently having troubles maintaining relationships - *Unreliable, Selfish, Talking too loud*