

10 Signs of ADHD in Girls and Women



Unqualified Opinion

1	Difficulty focusing: <ul style="list-style-type: none">• Trouble staying on task, making careless mistakes, and getting easily distracted.	✓
2	Forgetfulness: <ul style="list-style-type: none">• Forgetting appointments, to-do lists, or paying bills.	
3	Disorganization: <ul style="list-style-type: none">• Trouble managing time, keeping belongings organized, and completing tasks on time.	
4	Daydreaming: <ul style="list-style-type: none">• Frequently getting lost in their thoughts or appearing to be "zoning out".	
5	Avoiding tasks: <ul style="list-style-type: none">• Disliking or avoiding tasks that require sustained attention or effort.	
6	Emotional regulation: <ul style="list-style-type: none">• Struggling with emotional dysregulation, such as intense emotions, anxiety, or mood swings.	
7	Social difficulties: <ul style="list-style-type: none">• Challenges with forming and maintaining friendships due to impulsivity, forgetfulness, or difficulty with social cues.	
8	Low self-esteem: <ul style="list-style-type: none">• Feelings of inadequacy or failure due to struggles with organization, time management, and completing tasks.	
9	Subtle hyperactivity: <ul style="list-style-type: none">• Restlessness, fidgeting, or difficulty sitting still instead of outward hyperactivity.	
10	Impulsivity: <ul style="list-style-type: none">• Speaking or acting without thinking, interrupting others, or making impulsive decisions.	

