

MEN & ADHD:

LET'S START THE CONVERSATION



YOUR TAKEAWAY GUIDE

Information, reflection and practical next steps.

Many men spend years feeling different without understanding why.
Perhaps you've been described as:

"Forgetful"

"Disorganised"

"Impulsive"

"Lazy"

"Too sensitive"

"Unreliable"

"Daydreamer"

"Underachiever"

For many men, an ADHD diagnosis isn't about receiving a label – it's about finally understanding themselves.

ADHD in Men: What Can It Look Like?

ADHD isn't just about attention. It affects many areas of daily life.

Attention & Focus

- Zoning out in conversations
- Starting many projects, finishing few
- Hyperfocusing on interesting tasks
- Missing details others catch

Executive Function

- Struggling to plan or prioritise
- Running late despite best efforts
- Forgetting appointments or deadlines
- Difficulty starting boring tasks

Emotional Regulation

- Intense reactions to small frustrations
- Quick to anger, quick to calm
- Feeling overwhelmed by emotions
- Rejection feels physically painful

Work & Education

- Underperforming despite high ability
- Job-hopping or career restlessness
- Procrastination and last-minute rushes
- Difficulty with routine admin tasks

Relationships

- Forgetting important dates or promises
- Interrupting or talking too much
- Partners feeling unheard or neglected
- Difficulty maintaining friendships

Driving

- Speeding without realising
- Missing exits or taking wrong turns
- Road rage or impatient reactions
- Near-misses from inattention

Signs That Often Go Unnoticed

- Masking symptoms to appear 'normal'
- Struggling to switch your brain off
- Exhaustion from trying to keep up
- Knowing what to do, but struggling to start
- Avoiding social situations
- Constantly comparing yourself to others
- Feeling intelligent but underachieving
- Relationship breakdowns you can't explain
- Sensory overwhelm in busy environments
- Sleep difficulties and racing thoughts
- Physical restlessness or fidgeting
- Feeling like you're "too much" or "not enough"

Late Diagnosis: What It Can Feel Like

Relief

Anger

Grief

Hope

Give yourself permission to process this.

A late diagnosis can bring up complex emotions. You may feel relieved to finally have answers, angry that nobody spotted it sooner, grief for lost years, or hope for the future. All of these feelings are valid. There is no right way to respond.

Small Changes Can Make a Big Difference

Tips to Try

- Externalise your memory - phone reminders and alarms
- Break big tasks into tiny, manageable steps
- Create routines rather than relying on motivation
- Use visual cues - sticky notes, whiteboards, lists
- Build in buffer time before appointments
- Reduce self-criticism
- Celebrate progress, not perfection
- Talk to someone you trust about how you feel
- Ask for support

Remember:

ADHD is not a character flaw.

Your struggles are real.

Your strengths matter too.

People with ADHD are often:

- Creative and innovative thinking
- Ability to hyperfocus on passions
- High energy and enthusiasm
- Resilience and adaptability
- Empathy and emotional depth
- Curiosity and love of learning
- Spontaneity and sense of humour
- Ability to think outside the box

Something to Take Away Tonight

Keep asking questions.
Keep learning.
Keep talking.

The conversation doesn't end here.

You are not lazy.

You are not broken.

You are not alone.

Creative

Curious

Resilient

Empathetic

Determined

Brave

Get in touch with us



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Reflection & Next Steps

Questions to Ask Yourself

Looking back

Did anything tonight remind you of your own experiences?

Daily life

Do you often feel overwhelmed by tasks others seem to manage easily?

Work & responsibilities

Have you underachieved despite knowing you are capable of more?

Relationships

Have people close to you described you as forgetful or unreliable?

My Strengths (tick all that apply)

- Humour
- Problem-solving
- Resilience
- Determination
- Creativity
- Empathy
- Energy
- Curiosity

One small change I can make this week:

What I want to remember from tonight:

Helpful Next Steps

- Learn more about ADHD from trusted sources
- Speak to your GP about a referral for assessment
- Connect with support groups or organisations like ADD-NI
- Be patient and compassionate with yourself

A Final Reminder

You are not lazy. You are not broken. You are not too much. You are not alone.
Understanding yourself is not the end of the journey – it is often the beginning.