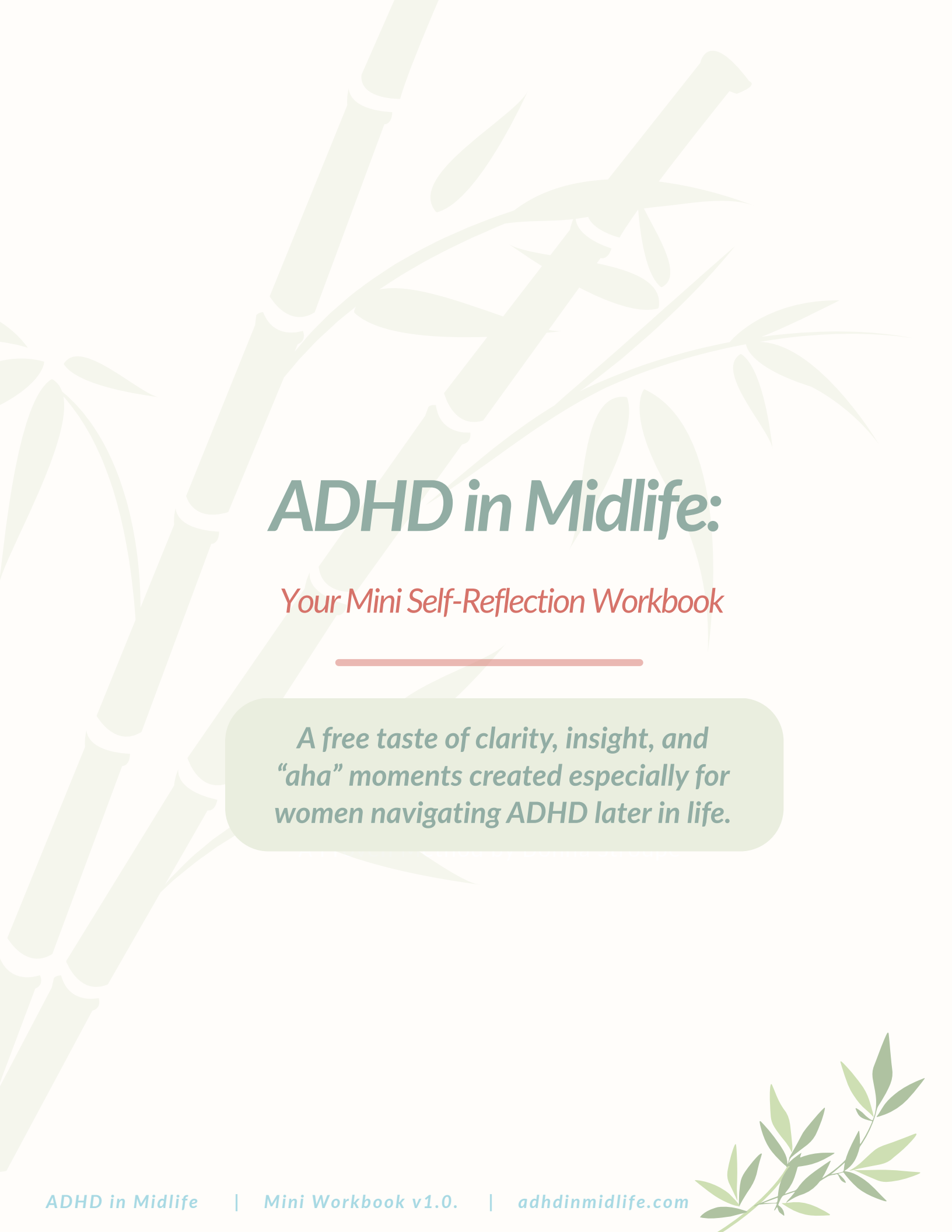




ADHD in Midlife:

Your Mini Self-Reflection Workbook

*A free taste of clarity, insight, and
“aha” moments created especially for
women navigating ADHD later in life.*

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Legal Disclaimer

This workbook is for informational and self-reflective purposes only. It is not a diagnostic tool and is not intended to diagnose, treat, or replace professional medical or psychological advice.

The content is based on lived experience, personal insights, and general educational information about ADHD. Every individual's experience is different, and this resource does not constitute personalized healthcare guidance.

If you believe you may have ADHD, or you are experiencing difficulties related to attention, focus, emotional regulation, or daily functioning, please consult with a qualified healthcare provider, therapist, or licensed mental health professional.

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1. Welcome



If you suspect you might have ADHD, then you are in the right place.

If you've ever thought, "This shouldn't be so hard," or "Why does everyone else seem to manage life better than me?" you are not alone.

For many women diagnosed with ADHD in their late 30's, 40s, 50s, or beyond, the pieces only start coming together later in life. And that realization can be equal parts freeing and overwhelming.

This mini workbook gives you a small but powerful glimpse into the kind of insights that can help you make sense of your story. It's a gentle starting point, one that might even spark an "ohhh... that explains everything" moment.

Inside, you will find:

- ✦ **A short ADHD traits self-check.**
- ✦ **A reflection activity across life stages.**
- ✦ **A journaling prompt designed to shift your perspective.**

Each section builds on the last. The self-check helps you notice patterns you've been living with for years. The life stage reflection helps you connect those patterns across time. And the journaling prompt brings it all together, giving you a moment to see yourself with clarity and compassion.

Take your time with each section, pause when something resonates, jot down whatever comes up, and don't worry about getting it perfect, this is about noticing, not performing. Once you've moved through these first pages, the full workbook is waiting to take you deeper. It's designed to help you explore your ADHD traits in full, connect your experiences across life stages, and uncover the real-life patterns that finally allows you to make sense of your story.

-Steph



2. Self-Check:

What's Been Going On Beneath the Surface

✦ *Let's start by checking in with a few common ADHD clues (traits). Place a check next to anything that feels familiar and reflect freely in the space beside it.*

☐ I often feel mentally drained from trying to "hold it all together," even when I seem fine to others.



☐ I lose track of time constantly, I'm either way too early or apologizing for being late again.



☐ No matter how many systems I try, I still feel disorganized at work or in my daily routine.



☐ I get stuck in overthinking, replaying conversations or choices long after they've happened.





3. Life Stage Reflection:

Connecting the Dots

Before we jump into the life stage check-in, let's talk about what we mean by a **trait**.

In this workbook, a trait is a pattern of behavior, feeling, or challenge that might be linked to ADHD, like being easily distracted, emotionally overwhelmed, disorganized, or restless. These traits are the signs you might have lived with for years, often without realizing they had a name.

Now, take a moment to choose one of the traits from the checklist you just filled out (from 2. The self check section), maybe one that really stood out, or one that you have struggled with for as long as you can remember.

You can also choose something different if there is a particular pattern, memory, or struggle that feels more important for you to explore here. This is your space, so go with what feels most helpful or relevant right now.

Then ask yourself, how has this shown up in different stages of your life?



Childhood Clues - under 18 Years

Describe one memory or moment from childhood where this trait showed up clearly for you?



 Adulthood Clues - 18 -39 years

How did this same trait affect your choices, challenges, or routines as a young adult?

 Midlife Clues - Now

In what ways do you notice this trait impacting your daily life or emotional wellbeing today?

4. Journaling Prompt:

Sometimes we don't realize how heavy something is until we stop carrying it.



Why This Matters: ADHD isn't just about focus or forgetfulness. There are emotional layers too, old stories, unspoken pressure, and things you've blamed yourself for without knowing why. When you name what's heavy, it starts to lose its grip. That's where healing begins.

Think about something that feels heavier than it looks on the surface.

It might be a feeling you can't quite shake, a thought that loops endlessly, or something small that triggers a big reaction.

- What does it stir up for you, frustration, shame, sadness, guilt?
- Where do you feel that weight in your body, or how does it show up in your day?

Try to follow the thread back. Is this feeling tied to a past experience, an expectation you've been carrying, or a message you've absorbed about who you "should" be?

Let your words make space for what's been stuck.



Your reflections...

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Continue your reflections...

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5. What Comes Next:

Your Next Steps



If this Mini Workbook helped you see even a small part of your life more clearly, imagine what it could feel like to finally understand the whole picture.

The full **ADHD in Midlife: Self-Discovery Workbook** is designed for women who've spent years feeling scattered, overwhelmed, or misunderstood, and want answers that finally make sense.

✦ *This is for you if you;*

- Question why you can't stay on top of things, no matter how hard you try.
- Feel emotionally exhausted but can't explain why.
- Think something is wrong with you, but can't explain what.

✦ *The full workbook will help you;*



Spot overlooked ADHD patterns across childhood, adulthood, and midlife.



Map how your traits have shaped work, relationships, emotions, and identity.



Uncover the coping strategies and masking you've used to get through each day.



Understand why people-pleasing, burnout, or emotional overwhelm hit so hard, and start to separate your true self from survival mode.

✦ *What you'll walk away with:*

- Clarity about your ADHD traits.
- Language to explain what you've been living with.
- Confidence to move forward with self-trust, clarity, and freedom from the past.
- Readiness to explore ADHD tools — available soon in the advanced workbook.

Continue Your Journey

Download the Full
Workbook



Glossary

Understanding the Language

Some of the words used when talking about ADHD can feel a bit technical or confusing, especially when you're just beginning to piece everything together. This glossary is here to break things down in simple terms.

Use it like a reference tool. Come back to it whenever something pops up that doesn't quite click. It's not about memorizing anything, just making sense of the language used around ADHD.

ADHD: (attention deficit hyperactivity disorder) A neurological condition that affects attention, focus, impulse control, and emotional regulation. It is not just about being "hyper." It looks different in everyone, especially in women and adults.

ADD: An older term for what we now call ADHD, often used when hyperactivity is not obvious. It is not a separate diagnosis, just a name some people still use, especially for the more inattentive type.

Body Doubling: A productivity strategy where you work alongside another person (in person or virtually) to help you stay focused. Their presence provides gentle accountability and can reduce distraction.

Burnout: Long-term mental and emotional exhaustion that can happen when you have been pushing yourself too hard, especially if you have been masking for years.

Coaching: Working with someone trained to help you manage ADHD traits in everyday life. ADHD coaches help with focus, planning, routines, and confidence, without trying to "fix" you.

Cognitive Load: The amount of mental effort your brain is using. ADHD brains can become overloaded quickly, especially when multitasking or dealing with too much sensory input.

Decision Fatigue: Mental exhaustion from making too many choices. With ADHD, even small daily decisions can pile up and cause overwhelm or shutdown.

Co-Existing Conditions: When ADHD shows up alongside other challenges like anxiety, depression, or learning differences. It is really common, especially in adults.

Diagnosis: Getting officially diagnosed with ADHD by a doctor or specialist. It is not a label to define you, it is a tool to help you understand what has been going on and how to get the right support.

Dopamine: A brain chemical that helps with motivation, focus, and pleasure. ADHD brains often have lower or irregular dopamine activity, which affects how we get things done.

Emotional Dysregulation: Feeling emotions more intensely and finding it harder to manage reactions. With ADHD, small things can sometimes spark big emotional responses.

Emotional Flooding: When intense feelings come on suddenly and take over your ability to think clearly or respond calmly. Often tied to emotional dysregulation in ADHD.

Executive Dysfunction: A disruption in the brain's ability to plan, organize, and follow through. It often shows up as forgetting steps, procrastinating, or struggling to finish things.

Executive Function: The brain's ability to plan, prioritize, remember, and get things done. Think of it like your internal project manager, sometimes with ADHD, it is on a coffee break.

Hyperactivity: Constant movement, fidgeting, or a brain that just will not quit. In adults, especially women, it can show up as restlessness, talking a lot, or feeling like your mind is always buzzing.

Hyperfocus: The flip side of distractibility. It is when you get completely absorbed in something and lose track of time, surroundings, or even your own needs.

Impulsivity: Acting quickly without thinking it through. This can mean blurting things out, interrupting, shopping sprees, or saying "yes" when you meant "absolutely not."

Interest-Based Nervous System: A theory that ADHD brains are motivated more by interest, novelty, or urgency than by importance. If something does not spark engagement, it is hard to focus even if it matters.

Masking: Hiding or suppressing your ADHD traits to fit in, avoid judgment, or appear "normal." It often leads to exhaustion or feeling disconnected from your real self.

Medication Holiday: A planned break from ADHD meds, usually for medical or evaluation reasons. Always done under guidance from a doctor, not something to try on your own.

Mental Health Therapist: A licensed professional trained to help with emotional and behavioral challenges. Some therapists specialize in ADHD and can support with strategies, self-esteem, and healing.

Neurotransmitter: A chemical messenger in the brain. Dopamine is one example that is important for motivation and focus, and often out of balance in ADHD.

Non-Stimulant Medication: Another option for treating ADHD, especially if stimulants do not work well or cause side effects. These work differently and may take longer to kick in.

Overwhelm: A common ADHD experience where everything feels like too much, too loud, too fast, too many tabs open in your brain.

Paralysis: (ADHD Paralysis) A state where your brain feels frozen and unable to decide where to start. Often happens when tasks feel too big, boring, or overwhelming.

Productivity Shame: The guilt or self-criticism that creeps in when you feel like you're not doing "enough." Common for people with ADHD who compare their output to neurotypical expectations.

Rejection Sensitivity: A heightened emotional response to perceived criticism or rejection, whether it is real or imagined. It can feel intense and disproportionate.

Self-Regulation: Managing your emotions, energy, or reactions in a way that helps you stay on track. With ADHD, this can take more effort and support.

Stimulant Medication: A common type of medication used to treat ADHD. These meds boost certain brain chemicals to help with focus and alertness. They are often the first treatment tried.

Stimming: Repetitive movements or actions (like tapping, bouncing your leg, or doodling) that help with focus, calming down, or releasing energy.

Task Initiation: The ability to start a task, often one of the hardest parts of ADHD. Even simple tasks can feel like climbing a mountain when your brain struggles to switch gears.

Time Anxiety: Stress about how much time you have left, how long something will take, or fear of wasting time, common for ADHDers due to challenges with time awareness.

Time Blindness: A common ADHD trait where your sense of time is off. Five minutes can feel like five hours, and vice versa. You may lose track of time or struggle to estimate how long things take.

Triggers: (Emotional Triggers) Situations or interactions that bring up a strong emotional response based on past experiences, often without realizing why.

Working Memory: The brain's "scratchpad," holding information temporarily while you are using it. People with ADHD often struggle to hold onto details long enough to act on them.