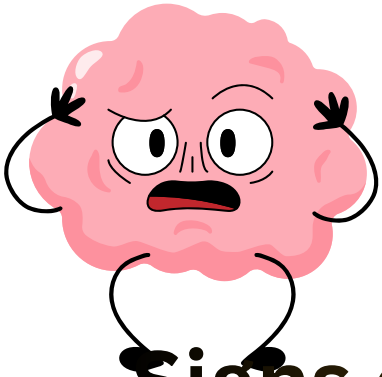


Signs of ADHD in Boys & Men

Is it anger, distraction… or something deeper?

ADHD (Attention-Deficit/Hyperactivity Disorder) is more than being "hyper" or "easily distracted."
For many boys and men, it shows up as restlessness, frustration, and difficulty slowing down long enough to process emotions.
Because males are often expected to be calm, logical, and in control, ADHD traits can be misunderstood as carelessness, defiance, or laziness.
In reality, their minds are running faster than their focus can keep up.

Common Signs of ADHD in Boys & Men

- Constant movement or need for stimulation — can't sit still for long.
- Impulsive speech or decisions — acts before thinking.
- Starts many things but struggles to finish them.
- Difficulty with focus, organisation, or remembering details.
- Feels frustrated easily or angered by small things.
- Drifts off during long conversations or repetitive tasks.
- Struggles with boredom and seeks adrenaline or excitement.
- Easily distracted but can hyperfocus on passions or hobbies.
- Low tolerance for waiting or uncertainty.

The Emotional Side of Male ADHD

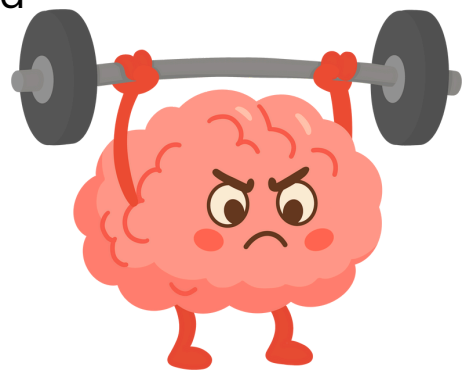
Many men hide their ADHD behind humour, confidence, or control.
When they can't meet expectations, they may feel guilt, shame, or failure.
Because expressing vulnerability can feel unsafe, emotions often come out as irritability, avoidance, or anger instead of sadness or fear.

This emotional suppression can lead to:

- Burnout or emotional exhaustion
- Overworking or overtraining to cope
- Relationship conflict due to reactivity or withdrawal
- Substance use or risk-taking to regulate dopamine

Strengths Often Seen in Men with ADHD

- Creative problem-solving and “big picture” thinking
- High energy and enthusiasm when engaged
- Natural leadership and innovation
- Empathy for underdogs and misfits
- Adaptability in crisis or change
- Courage to act when others hesitate



Support & Management

Managing ADHD isn’t about controlling it — it’s about understanding how your brain works best.

Helpful strategies include:

- Breaking tasks into smaller goals.
- Using reminders and structured routines.
- Prioritising movement, rest, and balanced sleep.
- Therapy or coaching to build emotional regulation.
- Open conversations about focus, frustration, and pressure.

Remember

You are not broken, lazy, or difficult.

Your brain simply runs on a different frequency — one that can achieve great things when supported, not shamed.