

UNMASKED

The GP Script

what to say to get diagnosed.

Self-reflection

- Create your mind again.

Prioritize Needs

- Take ago way you run you.

- Find back to yourself, needs
need do.

Medical History Notes

- For camping you have been
over in gain.

KNOWLEDGE | VALIDATION | EMPOWERMENT

THE SCRIPT

Before, during, and after the appointment

Most women in the UK end up advocating for their own ADHD assessment. The system is still catching up. That isn't fair, but it's the reality you're walking into. Here is what to bring, what to say, and what to do if you get dismissed.

BEFORE THE APPOINTMENT — WHAT TO BRING

Print or write down a short list of **specific examples** from your real life of the patterns you noticed in *The 7 Signs of ADHD in Women*. Vague feelings will be dismissed. Specific examples land. Aim for 5–8 examples across at least three different signs.

If anyone in your family has been diagnosed with ADHD or autism, write that down. ADHD is highly heritable and it carries weight in the conversation.

Note when symptoms started or worsened, and any major life events that coincided (postpartum, perimenopause, divorce, a job change). Hormonal markers in particular are useful evidence.

WHAT TO SAY (OPENING SCRIPT)

OPENING SCRIPT

“I’m here because I think I may have ADHD. I’ve spent the last few months looking into how it presents in women, and I’m recognising specific patterns in my own life — not just feelings, but concrete behaviours. I’d like to discuss a referral for a formal assessment. I’m not asking for medication today — I’m asking to start the diagnostic process.”

IF YOU GET PUSHED BACK

Scripts for the most common dismissals

IF YOU'RE TOLD "BUT YOU'RE TOO HIGH-FUNCTIONING"

WHAT TO SAY

"What looks like high-functioning is years of masking and compensation. The research on adult ADHD in women specifically addresses this — late-diagnosed women are often missed precisely because they appear to be coping. I'd like to be assessed by someone trained in this presentation."

IF YOU'RE TOLD "YOU'D HAVE BEEN PICKED UP AS A CHILD"

WHAT TO SAY

"That's a common assumption, but the diagnostic criteria used when I was a child weren't designed to identify ADHD in girls. The current understanding of how ADHD presents in girls and women has changed substantially in the last decade. I'd like to be assessed using current criteria."

IF YOU'RE STILL DISMISSED

You have options. You can request a different GP at the same practice. You can use **NHS Right to Choose** to refer yourself to an approved provider with shorter waits. You can pursue private assessment with a qualified clinician (look for one who lists adult ADHD in women specifically). A dismissive first appointment is not the end of the process; it's a data point.

ONE FINAL THING

Take a friend, partner, or family member with you if you can. They can speak to what they've observed — that's clinical evidence, and it makes dismissal harder.