

The Gold Standard Woman & Masking

There's a version of womanhood that many ADHD women measure themselves against.



1. She's calm.
2. She's Reliable
3. She's on time
4. She's organized.
5. She never makes a scene.
6. She anticipates other people's needs.
7. She gets things done (without reminders).
8. She's emotionally low-maintenance, agreeable, and somehow... always available.

We'll call her the Gold Standard Woman

She doesn't exist.

But many ADHD women spend years trying to become her.