



EMOTIONAL REGULATION FOR ADHD WOMEN

"Your emotions aren't too much—your brain is wired differently"

THE TRUTH ABOUT DYSREGULATION

Emotional dysregulation is neurological, not a character flaw. Your ADHD brain processes emotions faster, more intensely, and takes longer to settle. This is real—and it deserves support, not shame.

5 BRAIN PATTERNS

- **Quick Activation:** Emotions rise before your thinking brain can process
- **Emotional Loops:** Your brain replays conversations and self-criticism
- **Slow Downshifting:** It takes longer to return to calm
- **Stress-Conditioned Alertness:** Chronic stress keeps you on high alert
- **Negative Stickiness:** Painful memories amplify and replay

4 COMPLICATING FACTORS

RSD: Intense pain from perceived rejection

Interoception Gaps: Missing body signals until they're overwhelming

Alexithymia: Difficulty identifying or naming emotions

Misattunement: History of emotions being dismissed or misunderstood

THE SHIFT: REFRAMING YOUR EXPERIENCE

Old Belief	New Understanding
"I'm too sensitive"	"My sensitivity is a response to real experiences"

Old Belief	New Understanding
"I should calm down"	"My body needs more time and care to settle"
"Why can't I stop feeling this way?"	"My brain needs more support to settle"

THE 5 FLOURISH SKILLS

- **1. Self-Awareness:** Notice internal signals early
- **2. Self-Compassion:** Meet yourself with warmth, not criticism
- **3. Self-Advocacy:** Express needs and ask for support
- **4. Self-Care:** Tend to basic physical needs
- **5. Self-Accommodation:** Adjust your environment

QUICK REGULATION TOOLS

- ✓ Movement or grounding exercises
- ✓ Sensory input (texture, temperature, sound)
- ✓ Structured focus or tasks
- ✓ Connection with a safe person
- ✓ Time without judgment

Regulation isn't control—it's connection.

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