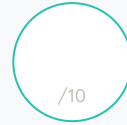
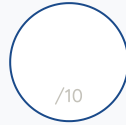


The Fraud Feeling Audit: A personal reflection tool

Before the panel, write your first thoughts in the left column and score yourself out of 10. Don't overthink it — go with your gut. After the panel, do the same on the right. The gap between your two answers is the insight — and the starting point for what comes next.

How much of a fraud do you feel?




	Before	After
<p>1 Masking</p> <p>We all show the world a version of ourselves. For people with ADHD, that version can take enormous effort to maintain.</p> <p>The version of me that other people see is...</p>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p>2 Forgetting</p> <p>ADHD working memory means past achievements don't stick. Each new challenge is faced as if from zero.</p> <p>When I think about what I've achieved, I feel...</p>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p>3 Feedback</p> <p>For many people with ADHD, even constructive criticism lands as proof of not being good enough.</p> <p>When someone criticises my work, I tell myself...</p>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p>4 Doubt</p> <p>The moment that should resolve the fraud feeling often creates a new one: "Maybe I don't really have ADHD."</p> <p>When I think about my ADHD diagnosis (or the possibility of one), I wonder...</p>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p>5 Success</p> <p>Each new achievement raises the stakes rather than building confidence. More visibility means more to lose.</p> <p>The more successful I become, the more I feel...</p>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

One thing I heard today that changed how I see myself:

What's next? If something shifted for you today, here's what you can do next.

Book a free discovery call with Phil
 For neurodivergent founders and leaders
rephil.uk/discovery



Book a free discovery call with Nishia
 For late-diagnosed women navigating what comes after diagnosis
youradhd.life/discovery

