

Learn to trust your ADHD Intuition

A gentle, grounded reset
for intuitive ADHD minds
who want clarity, self-trust,
and nervous system safety.

with..



Why ADHD makes self trust so difficult?

If you have (or suspect you have) ADHD and strong intuition you have probably felt;

- “I feel like I know what’s right, but I don’t trust it”
- “My intuition goes quiet when I am overwhelmed”
- “I second guess everything, even things I am good at”
- “My head feels so noisy, I just don’t know how to quieten it.”

Why ADHD makes self trust so difficult?

Because ADHD creates **noise, urgency and pressure** which drowns out our internal body signals.

Our nervous system becomes **overstimulated** which makes clarity impossible

You were likely conditioned to **override** your inner knowing for external expectations

Many ADHDers are very 'in their head' as a **coping strategy**. Logic feels more acceptable in social norms.

Your intuition didn't disappear... It just learnt to stay quiet in loud environments

What ADHD

Intuition actually feels like

Most people mistake intuition for:

A big feeling

A sudden urge

A flash of excitement

But these feelings are often impulsivity and ADHD emotions, which are **FAST** and **LOUD**

Intuition is *quiet and calm and whispers*:

A subtle 'yes' in the body

An easing or softening from within

Quiet clarity

A grounded knowing

A calm next step, not a full plan

An ADHD Overstimulated Nervous System

This is the number one block experienced by ADHD people, from connecting with their intuition.

When your nervous system is in:

Overwhelm.....Freeze....

Urgency.....Masking.....Shame....

.... *Your intuition cannot get through*

You dont need more thinking.

You need **regulation**

this guide teaches you how...

Connect to your Intuition

Use this any time you feel confused,
overloaded, stuck in your head or
disconnected.

Close your eyes

Place your hand on your heart

Take a deep breath in

Exhale for the count of 6

Ask yourself

“what do I need to feel safe right now”

Connect to your Intuition

Intuition returns when our nervous system feels safe enough to hear it.

This reset helps you to shift out of noise and into clarity.

Most ADHD minds are stuck in FEAR:
“Am I making the right choice?”
“What will go wrong?”
“What should I do?”

Instead, ask yourself “what is the smallest next step that feels true?”

Intuition speaks in tiny steps, not big plans

Overthinking or Intuition?

Overthinking feels:

Noisy - Urgent - Loud - Spiralling - Emotional
Panicked - Chaotic - Pressured
It is full of 'shoulds'

Intuition feels:

Calm - Steady - Simple - Clear - Quiet
Grounded.
It is full of possibilities.

Overthinking shouts.

Intuition whispers.

Your 3 step Intuition Ritual

1.

Find Quiet

Stop. Breathe. Exhale Slowly.

Relax your Jaw. Ground your Energy.

2.

Notice.

Where in my body do I feel tension?

Where do I feel a softening, an openness?

3.

Clarity.

What feels like the next true step?

What do I need right now?

Note - you may not get an answer immediately. It can take time and practice to feel safe enough to connect with your intuition. If this happens do not shame yourself. Just take some more deep breaths to allow safety.

You could also try asking a specific question about something you have conflict about in your life. Notice whether your body is saying 'Yes' or 'No'.

Interested in 1-1 or Group Coaching?

I am Natalie and I am passionate about supporting women who are navigating their own journey of ADHD.

I am trained as a Master Intuitive Psychology Coach and I have developed my own style of ADHD Coaching based on the principles of Intuitive Psychology alongside my experience as a Mental Health Recovery worker and my own lived experience of being late diagnosed ADHD.

My ADHD coaching is very different to most coaching styles, I don't really talk too much about strategies or ways of fitting in or doing more. I support ADHD women to find acceptance, self trust and learn to work with their brain and their nervous system, rather than fighting against it



This is for the woman who is ready to stop trying to fit in and start coming home to herself..