



10 Signs You Might Be Dyslexic as an Adult

Many adults have lived with undiagnosed dyslexia for years, developing coping strategies that mask the difficulty. If several of these signs sound familiar, it may be worth considering a formal assessment. None of them are a diagnosis — only a qualified specialist assessor can confirm dyslexia — but they're commonly reported by adults who later receive a diagnosis.

It's never too late to get assessed. Understanding how your brain works can be a turning point, both professionally and personally.

01 Reading takes longer than it should

You find yourself re-reading paragraphs to absorb the meaning. Reading is tiring in a way that doesn't seem to affect colleagues. You avoid reading aloud at all costs.

02 Written tasks feel disproportionately effortful

Emails, reports and forms take longer than they should. You write the same email several times before sending. You rely heavily on spellcheck, autocorrect or AI tools to produce written work.

03 You've always felt you work harder than colleagues for the same output

There's a persistent sense of effort — working evenings, taking work home, dreading meetings where you'll need to take notes on the spot. You've developed elaborate workarounds that take a daily toll.

04 Organisation and time management feel like a constant battle

Forgetting appointments. Losing track of where you are in tasks. Struggling with multi-step instructions. Doing fine in conversation but freezing when required to take notes simultaneously.

05 School felt harder than it should have for someone capable

You were told you were ‘bright but lazy’, ‘not trying’, or ‘could try harder’. You were better at some subjects than others in ways that didn’t quite make sense. School reports often described you as ‘able but underachieving’.

06 Spelling has always been a struggle

Even now, you misspell common words and your spelling doesn’t always follow what the word sounds like. You may write the same word differently in the same document, or freeze when asked to spell something aloud.

07 You confuse similar words or get them mixed up

Common confusions include left and right, dates, times, and similar-looking words. You may use the wrong word in a sentence even though you know the right one.

08 You struggle with sequences — phone numbers, instructions, song lyrics

Holding a string of numbers or steps in your head is hard. You write down phone numbers in the wrong order. You repeat instructions back to make sure you’ve got them right.

09 A family member is dyslexic

Dyslexia is highly hereditary. If a parent, sibling or your own child has been diagnosed with dyslexia, the chances that you also have it increase significantly. Many adults discover their own dyslexia through their child’s assessment.

10 You’re creative, articulate and good with people — but the written stuff lets you down

Many dyslexic adults are highly capable thinkers, creative problem-solvers and strong verbal communicators. The difficulty is specifically with how written language is processed — not with intelligence, capability or potential.

If you’ve recognised yourself in several of these signs, an assessment can bring clarity. A formal diagnosis opens doors to workplace adjustments under the Equality Act 2010, Access to Work funding, and DSA support if you’re returning to study — and provides a framework for understanding decades of frustration.

Considering a formal assessment?

Get in touch for an informal, no-obligation chat. Assessments from £375, with reports delivered within 2–3 weeks.

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