

ADHD and addiction

Posted by thatguyoverthere - 10 Sep 2013 18:32

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A few years ago, after reading things online I realized that I probably have some mild variation of ADHD. I have never been diagnosed, but I read helps and articles online to help me cope with daily life issues.

One of the signs of ADHD is apparently an inclination to easily get addicted to stuff!

My question here is basically - are there tools and mindsets that could work better for an ADHDer like me than it would for "regular people"? Is there anything I should know? Does my ADHD influence my addiction and is there anything I can do about it? Are there tools specifically developed for ADHDers?

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Re: ADHD and addiction

Posted by moish u.k. - 10 Sep 2013 18:50

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I don't know very much about ADHD. But recently someone told me that he read there is a connection between ADHD and addiction.

Apparently people with ADHD have found the 12 step program to be very helpful for that too.

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