

ADHD

Posted by givemechizzuk - 18 Jun 2020 08:23

I was wondering if anyone could relate or give advice.

I have ADHD (actually more ADD than ADHD, but it all comes under the category of ADHD, mines just more inwardly focused as opposed to outward). I was diagnosed not that long ago (about half a year ago) and I'm still working with my doctor to figure out the right meds, (procrastination being a major symptom of ADHD, YAY! - [insert sarcasm]).

So I was reading up on ADHD people and symptoms, and it turns out that the majority of addicts are people with ADHD (and they think more of them may just be undiagnosed). There's been a number of studies why that is, (social problems and isolation, difficulties with tasks others seem to find easy, constant need for stimulation... the list goes on. and on. and on. look it up, its quite telling).

My point here is to ask for help or advice from any fellow strugglers here. Any advice, tips, skills, methods and so on that work for dealing with ADHD which I see as a significant cause of acting out.

thank you

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Re: ADHD

Posted by Meyer M. - 18 Jun 2020 12:27

Can you explain to me what the difference is between the two? And how they affect the people who have it. Sorry if I sound a little too blunt, I've never really understood the whole thing.

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Re: ADHD

Posted by Hashem Help Me - 18 Jun 2020 21:07

One of the challenges of ADHD is a high level of impulsivity. To stay in control with inyanei kedusha takes a certain level of on the moment decision making and restraint which is harder for an ADHD fellow. That does not mean that just because someone has this condition, he will develop into an addict. What it does mean is that individual would be wise to set up more barriers - filters, partners, etc. Secondly, carrying a little contract in your pocket which is read once a day (maybe set an alarm to remind you - forgetfulness is also quite common), gives a constant reminder that you don't want to head in that direction. Lastly some of the heavy ADHD guys here work with a reward system - a sponsor for 30 days staying clean for \$100 - and they hang up a copy of a \$100 bill on their work desk, bed, etc. Hatzlocha!

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Re: ADHD

Posted by tcervo - 19 Jun 2020 03:32

ADD ADHD

its new ways of blaming a third party instead of ones self

I have classic ADHD even i have never been tested, i just know it i have all the syptoms i read on it. i dont take any meds i never did (only a short period of time, when my son started on them i went to dr. for my self of course i got a prescription which i only used to see what it does to me. Didnt like it!)

life is not easy but I love every bit of it, especialy the chalanges, you say ADHD have a higher rate of addictions, could be true. the way i see it if we focus on anything we become very good at it, just focus on the good and you will become great!

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Re: ADHD

Posted by givemechizzuk - 21 Jun 2020 09:58

So ADD is inwardly focused whereas ADHD expresses itself outwardly. They recently changed the definition to be all under the catagory of ADHD with three manifestations.

This article summerises it quite nicely

[Inattentive ADHD](#) is often written off as spacey, apathetic behavior in children, or mood disorders/anxiety in adults. People with this form of ADHD often lose focus, are forgetful, and seem to have trouble listening. According to the [Diagnostic and Statistical Manual of Mental Disorders-V](#) (DSM-V), six of the following symptoms must be present and causing a severe impact at school or work to merit a diagnosis.

- Often fails to give close attention to details or makes careless mistakes
- Often has difficulty sustaining attention
- Often does not seem to listen when spoken to
- Often does not follow through on instructions and fails to finish projects
- Often has difficulty organizing tasks and activities
- Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort
- Often loses things necessary for tasks or activities
- Is often easily distracted by extraneous stimuli
- Is often forgetful in daily activities

What Is Hyperactive-Impulsive ADHD?

Hyperactive-impulsive type is the stereotype most people imagine when they think of ADHD: a young boy, bouncing off the walls, and interrupting the teacher mid sentence. Yet, this description fits only a small portion of those with the condition. To have this type, a person must have 6 or more of the following symptoms:

- [Fidgets](#) with hands or feet or squirms in seat.
- Leaves seat in classroom or in other situations in which remaining seated is expected.
- Runs about or climbs excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings of restlessness).
- Has difficulty playing or engaging in leisure activities quietly.
- Appears “on the go” or acts as if “driven by a motor.”
- Talks excessively.
- Blurts out the answers before the questions have been completed.
- Has difficulty awaiting turn.
- Interrupts or intrudes on others (e.g., butts into conversations or games).

What Is Combined Type ADHD?

Combined type ADHD occurs when someone has 6 or more symptoms of inattention, *and* 6 or more symptoms of hyperactivity and impulsivity. Men and boys more commonly have hyperactive symptoms, while women and girls more commonly have inattentive. Because of this, men are more commonly diagnosed than women, as their symptoms are more easily recognizable as ADHD.

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Re: ADHD

Posted by givemechizzuk - 21 Jun 2020 10:15

[tcvvo wrote on 19 Jun 2020 03:32:](#)

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I agree that taking responsibility for ones owns actions is key.

The danger is though of not being aware of how you operate. To ignore how your brain functions or aspects of ones own personality, regardless of ADHD, is dangerous.

If someone is more introverted and needs their space we don't treat them the same as we would an extrovert. Some people suffer from depression, schizophrenia or other mental illnesses. some people suffer physically, diabetes, crohns and such like. Not addressing those issues doesn't make them go away.

It would be the height of folly for someone with diabetes to eat however they wanted and ignored the dangers of their actions.

So too here, ADHD is a neurological condition caused by the way the brain is wired. It is neither inherently good or bad, it just exists. There are both positives and negatives that arise from it (without getting too involved in that). The point I'm bringing up, and this is not to discount what

you have said because I believe in a lot of what you are saying, is that I'm looking for tools to help deal with what I (among many others) see as a significant cause for a number of problems in my life. Does that absolve me of personal responsibility and the power of bechira, NO! absolutely not. But to ignore it is, from my perspective, dangerous. Treat it like a person who suffers from a chemical imbalance in their brain which causes a greater tendency for depression. They've still got bechira, but if they don't address that imbalance, then they're not going to succeed.

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Re: ADHD

Posted by Meyer M. - 21 Jun 2020 16:43

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You got your facts straight. Wishing you Hatzlacha and success.

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Re: ADHD

Posted by tcervo - 22 Jun 2020 00:14

No two people in the world are alike nor think alike, thats why Shlomo hamelech wrote in Mishlei

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I studied some psychology I couldnt stand the fact that they compare humans to animals on how our brain works, its true that the brain is functiond on chemicals balanced or imbalanced that all depending on our minds which science have a very dificult time to study because they have never seen one.

the Gemara sais in Hagiga

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so if somebody is sick of anykind then he should get help from a dr. but if somebody thinks diferant then he is just normal in his own way.

I never SUFFERD from ADHD i actualy very much injoy it, it took me to places that if i would be NORMAL i would never be where i am now.

one of the places is right here writing on this form.

P. S. sorry for my writing i speak a few languagees and i am terrible in writing in all of them (I would blame my ADHD for it

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Re: ADHD

Posted by tcrvo - 22 Jun 2020 00:17

My point is get to know your self and do what works for you.

i would say that to every one in the world

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Re: ADHD

Posted by Ihavestrength - 22 Jun 2020 04:17

[givemechizzuk wrote on 18 Jun 2020 08:23:](#)

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thank you

Hey dude. Fellow ADHDer here. Was diagnosed bout a year ago. Suspected I "had it" for a while. For a time i thought that my porn watching/masturbating caused it. Anyways, as far as advice or tips: One thing I've been doing for a few years now is meditation. I use an app called headspace. I feel that it has helped me a lot. Exercise is also really helpful for ADHD. Cardio, like fast walking jogging etc. where you build a sweat is great. Lastly, I do take meds, so if you want my to hear my experience so far with that I'd be happy to share. Hope this helps. Also, I forgot. Therapy also helps me stay focused on my goals and stuff.

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Re: ADHD

Posted by givemechizzuk - 22 Jun 2020 07:20

[tcrvo wrote on 22 Jun 2020 00:14:](#)

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one of the places is right here writing on this form.

P. S. sorry for my writing i speak a few langueges and i am terible in writing in all of them (I would blame my ADHD for it

Correct me if I'm wrong, but I think we are agreeing on the fundamental points. I think we just are diverging more on the details.

As i said and i think you agreed, ADHD is neither good nor bad, it is just a physiological condition in the brain. how that manifests can have positive effects in some areas off life and can be detrimental in others. My concern, for myself at least, is that in this area (and others as well) it is detrimental. I personally think that leaving it unchecked would prevent me from fully changing myself for the better. That is not to say that each person is the same and has to do it the same way. But that there are tools which work for many people and are worthwhile sharing. The avodah is to find what works for you.

So while I do agree with you that it should be tailored to each individual, I just think that there are tools and skills that fit more than one person and can be applied to certain types of people. (for example ADHD). Things like the difference between the litvishe derech and chassidish derech. Both take different approaches to avodas H', but you can't say either is not avodas H'. Each might fit better with different types of people. Someone who has ADHD is a different type of person to someone who doesn't. Just like someone who has schizophrenia. Its not a chisaron in the person. But one is required to know oneself in order that one can move forward. If we ignore fundamental aspects of what makes us who we are, we will never succeed. In fact i believe that chazal (i think) pointed this out, when talking about someone who has a bloodthirsty personality should become a butcher. Don't ignore who you are, work with it and channel it in the right way. I'm looking for help with that.

However, as I said, I do think we are agreeing on the fundamentals, but are just diverging on the details. Thank you for bringing these points up, though. I think they do bring greater clarity to an otherwise misunderstood topic.

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Re: ADHD

Posted by Shmuel - 23 Jun 2020 02:36

Hi,

I was diagnosed with ADHD a bit over a year ago. The diagnoses came about as a result of my recovery work with my therapist.

?From what i understand, based on what my therapist taught me is that ADHD isn't the cause of addiction rather it makes a person more susceptible to things turning into an addiction as there is a chemical imbalance.

That being said i dont think the approach regarding these struggles are any different for someone with ADHD as this condition isnt whats causing the acting out. The approach needs to be the same, in dealing with whatever is "missing" in a persons life that he is looking to fill with inappropriate content.

Feel free to reach privately at any time to chat and "compare notes"

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Re: ADHD

Posted by Guard1 - 23 Jun 2020 20:29

I think one should never lock himself into a limited definition of himself. Like "I am an addict" or "I am a guy with ADHD", or "I am lazy". Because what you believe you are, you will always be.

You might sometimes show more difficulty to focus on something than other people, but this doesn't have to be the major aspect through which you see yourself.

Hachem renew its creation at every moment, including us. It's only our limited beliefs which keep us doing the same wrong things, and remaining the same bad person.

There are some sources in French arguing that the "ADHD syndrom" has been created through the massive investments of the pharmaceutical industry, in order to invent a new disease and justify the creation of new drugs to heal it.

Translation of the French Wiki page on ADHD (TDAH) :

"Many psychiatrists and social scientists consider that ADHD is at least overdiagnosed; or even completely invented under pressure from the pharmaceutical industry which has spent considerable sums to promote this diagnosis and especially to sell its products. For Jean-Claude St-Onge, Canadian writer and sociologist, "more than half of diagnoses are attributed without the children having symptoms that significantly affect their functioning. (...) Many children show symptoms (ADHD) because they lack sleep, have developmental problems such as dyslexia (...) or because they live in difficult family situations "

It seems however that the diagnosis remains relevant for a minority of severe cases, but the pharma industry have invested massively in order to extend the diagnosis for people who actually behave in a healthy way.

The symptoms of ADHD are actually observable on each and every one, but where do you place the limit between a normal and a pathologic behaviour ?

And if it's just a question of "amount of bad behaviours", it is the aim of our live, through Torah and Mitsvots to reduce the quantity of bad behaviours and increase the quantity of good behaviours.

So maybe trough time and efforts and no medicine, someone could just move from acting like someone with "ADHD" to acting like someone "normal". But the first step for this is to not consider that you ARE and ADHD person, it's just that sometimes your acts look like the symptoms that pharma labs use to define "ADHD".

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Re: ADHD

Posted by Snowflake - 24 Jun 2020 16:29

So I know next to nothing of ADHD but from what you tell me, it means such person is more impulsive, restless etc. Like you said it's not necessarily something bad, but could require a slightly different approach.

It'd seem to me that boredom or being idle would be hell for such a person and the bad ideas could surge rather quickly. If I had ADHD I'd avoid being idle or bored by having a list of enjoyable activities I could do at any given time. Somebody said sports, breaking a sweat, that looks like a great idea. If I may add, muay-thai or martial arts is something very energetic and feels like you're discharging the bad energies away. I have a friend of mine who told me he likes to play the drums whenever he's stressed. On the other hand it's pretty much impossible for one not to be bored or idle or alone at a given time so somebody spoke of meditation and mindfulness. I think if a person is very hyperactive, that can certainly be harnessed and used for good, but addiction-wise, perhaps it's wise to try as much as one can, through meds, therapy and meditation to tone it down to a healthier level.

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Re: ADHD

Posted by givemechizzuk - 28 Jun 2020 21:22

So i was just listening to a doctor explain it and he put it very simply.

When the brain wants to send messages along the neurons, the message has to cross the divide between the cells. to do this a chemicals called neurotransmitters pass the message along the gap. One of these chemicals is dopamine. When these chemicals are used, afterwards they are absorbed back into the body to be reused again. This is called re-uptake.

With ADHD people, the rate of re-uptake is much faster. Way too fast actually. What happens in ADHD brains, is that the dopamine quite often doesn't make it across the gap before its absorbed. As one doctor put it, "Its quite common for adhd people to be forgetful, because how CAN they be expected to remember a memory that never even formed in the first place"

This is what the medication seeks to address, people seem to have this idea that its a stimulant

and it settles the adhd's minds need for stimulation. Not true. What it does is slow the re-uptake rate of dopamine in the mind, so that their mind can actual process and create links. In fact, there's a growing consensus amongst psychologists that suggests that the defining factor wither or not you have adhd, is if the medication works for you. (yes I get how this plays into the earlier comment of drug manufacturers 'creating' a new mental illness - which i disagree with, but we're all entitled to our own opinions)

Now again, I have to reiterate, this is not an excuse or a blame game. Or that the root of all my ills lies in this. Rather this is to explain what I feel is a large PART of my struggle (and again this may be different with other people).

I would love to receive any advice or tips that other people used that worked for them

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