

ADHD

Posted by givemechizzuk - 18 Jun 2020 08:23

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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 givemechizzuk - 29 Jul 2020 07:54

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if anyone has advice or if you want to reach out, then you can message me at  
[sbthe.ace@gmail.com](mailto:sbthe.ace@gmail.com)

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Re: ADHD

Posted by givemechizzuk - 16 Aug 2020 13:29

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So i just got a helpful tip. (thank you yechida)

(This could be helpful for even non ADHD people)

Carry around a small notebook, and write in it small tasks and goals for the day that you need or want to achieve. Constantly check your book (even if you remember whats written in it) to make it a habit. That way even if you get distracted by things, it will enable you to refocus and get back on track.

As an aside, ADHD is classified as a disorder in that the symptoms, which ARE found in normal regular people, are too much and out of control. (due to actual proven disorder in the brain chemistry). just like everyone has minor OCD thoughts, but are not OCD until those thoughts become above a certain threshold and IMPACT your life, ie out of control. so too with ADHD, as long as the symptoms are normal and manageable then its not considered adhd, only when it is unmanageable and out of control does it get classified as such. additionally the rise of such symptoms are partially due to modern lifestyle and the ubiquity of technology in our lives, meaning these symptoms have become a lot more common. still the deciding factor is, and remains, its impact on a persons life and their ability to control them.

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Re: ADHD

Posted by benny57 - 11 Jul 2021 18:05

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wow this seems really interesting i always thought i have adhd and when im reading this thread i cant keep on one post i keep on scrolling which is quite ironic reading a thread about adhd

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Re: ADHD

Posted by Smokey - 12 Jul 2021 06:35

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Hey! Love your posts! I actually was recently diagnosed with ADHD and am trying to channel the benefits to help me but not get pulled down and get lost, I love your posts they really have

clear and helpful ideas, also I agree with you that ADHD makes the challenge of pornography and masturbation harder, not that we have a bigger ta'avah but can fall faster if we don't make the necessary precautions because we are so impulsive, and its hard to control where we wander, I think the solution is to plan ahead, again wherever and whatever you do you have to plan how you wont fall, or else your potentially planning to fail, I personally got rid of my smartphone because no matter how many filters and restrictions I had, being with it 24/7, I would automatically at sometime get triggered and feel impulsive and want to act to out, and use it to arouse me even if I couldn't watch porn, looking forward to being in touch and getting chizuk from a fellow ADHD'er in the same struggle!

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Re: ADHD

Posted by Tzafon1 - 21 Jul 2021 16:49

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I have ADHD, I was diagnosed as a child. (properly diagnosed, by a neurologist not "your kid's not paying attention in class give him meds and see if it works")

I believe based on my own experience and what I have read about ADHD that ADHD is not properly defined as an inability to focus, but as an inability to focus on things that one is not fully interested in doing. This explains a lesser known symptom of ADHD called hyperfocus which is when a person focused intensively on whatever they are doing and zones out on everything else. I find that this is actually a very useful tool in fighting the ??? ??? if I have a urge to act out I will engage myself in an activity that I enjoy and by the time that I come back to this world the urge has often passed.

Also, a word about meds, I took medication for about 10 years. The side effects are real, and with the advice of my doctor I eventually stopped them because of the side effects. Sometimes medication is necessary, (it was for me when I was still a kid and not responsible enough to deal with it myself) but if you can manage your ADHD without medication it is better that way.

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Re: ADHD

Posted by Yoina mutzhoo - 21 Jul 2021 17:34

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ADHD is a direct lead to addiction. or better say they both derived from the same source.

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Re: ADHD

Posted by DavidT - 21 Jul 2021 18:48

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Controlling desires when one is faced with a struggle requires one to stop for a few seconds and think straight about what is happening. If a person has attention deficit (-hyperactivity) disorder, he will act more impulsive by nature, and he won't necessarily stop to consider whether or not what he is doing is the correct course of action.

Also, the mind of someone with ADHD is wired to have a higher threshold for pleasure; what is considered special and exciting for him is at a higher level than the typical. He will very often be one of those people who complain that life is so boring, and he will therefore seek out activities that are very exciting. Because activities in this area are highly stimulating, they therefore appeal to a person who is unfocused because they help him focus on something in a very sensational way. It is therefore difficult for someone who has symptoms of ADHD to deal with this challenge.

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Re: ADHD

Posted by ?????? - 21 Jul 2021 23:12

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I also struggle with ADHD. The most prominent symptom of it is that I procrastinate every day. Tried meds, therapy, to-do lists, nothing seems to work effectively long-term for me

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