

Why do people with ADHD struggle with difficult conversations?

Everyone struggles with challenging conversations, which I define as emotionally charged, high-stakes circumstances. Those with ADHD will find them much more intense. Emotional hyperfocus and time blindness distort our perspectives. We're more annoyed than others. We have an insufficient working memory. Thus, we must go from sentence to sentence.

This is not how life is supposed to be lived. We must be conscious of our thoughts' inner workings and available possibilities for action.



What about difficult talks makes them so difficult for those with ADHD?

Many of our conflict resolution issues stem from a need for more perspective. We lose control when our emotions or the problem are not adequately contextualised.

Emotional attention and time dilation

ADHD causes time blindness. Time outside of the present moment is either invisible to us or distorted if it is. We can't feel anything else when we're filled with fury, guilt, or pain. We can't even imagine feeling anything else.

A neurotypical person may become irritated after a disagreement with their partner, but they have a different perspective. For example, our relationship is more vital than this one occasion, but I'm irritated with you because you did something I didn't like. Individuals with ADHD are only aware of the present moment.

We are only aware of the sorrow we cause others, or vice versa.
Confusion, shame, and post-fact explanations

After a momentous occurrence, we could silently realise that our reaction was entirely incorrect. We might also decide not to accept it.

They were not the only ones harmed by a mismanaged ADHD issue. That article is still one of my most popular, and readers frequently discover me when they search for ADHD, anger management, and blame-shifting on Google.

Many people deliberately or unknowingly descend to the lowest level possible to find a reasonable justification for unacceptable behaviour. Anything is better than having to face reality.

loss of memory

When we have ADHD, our memories work against us every time we disagree. After a few minutes of arguing, we frequently need to remember the original context of our conversation. We need to remember what was said, even if we were the ones to say it. Not only are we irritated when someone tries to force us to answer our assertions, but we typically change the topic of the conversation entirely. As more words are added to the discussion, we must track where we started. Usually, this makes everyone unhappy and bewildered.

For more information visit [adhd treatment Sydney](#).