

title: **Can't finish a single task/project**

num_comments: 5

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Post Text

It's been a year now since I've last published anything on GitHub or made anything for myself really and the thing that annoys me the most is that I have thousands of ideas, but as soon as I get to implement them and actually code, I might spend a day or two working on the same codebase before finally typing "rm -rf *" and moving on to other things (even if it was a finished project !!). In fact, the situation is becoming even worse. I used to only be like this when it came to my hobby side projects, but since February I've become more stressed and now I am even failing at my part-time job and college assignments. The thing is that every time I get to code, I start acting super-perfectionist and try to write it in as readable + "correct" manner as possible, I get too excited with that, I spend most of the time on polishing without writing anything and after a day or two I just give up. I wish I could just focus on something somehow at last. The thing is that although I have an official diagnosis, I never got any medication due to my OG country's lack of any medical help for ADHD people at all, plus that diagnosis is really old, so you can count me as an undiagnosed ADHD folk. I will probably finally "renew" my diagnosis now that I am in Switzerland and start taking medication if I get prescribed one, but I'll only be able to visit a doc only in a few months, so I would really appreciate to find any "temporary" solution that will help me cope with this. Thx in advance

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 9

How about training yourself on building small increments, just tiny features one at a time not at all planning for what you might need next? Pair it with a good regime of refactoring as you got It's a very valuable skill and one not enough developers I come across are proficient in, but it allows you to work truly agile and delivering actual value frequently :)

You can roll your own methodology for it, or maybe look at Extreme Programming or Test Driven Development. Mine is modeled on my years of experience and how me and my ADHD works, so each to their own :)

I feel it's rewarding to see progress in small things being finished frequently as well!

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

Pomodoro method like the bluebird app, start with 2 min and increase gradually.

Commenter_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

> finally typing "rm -rf *"

Why would you completely delete your old code?

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

For making a project, I would plan it out in a notebook. Get the creative juices flowing and plan out what you want to make and design it. After designing it in your notebook see what tools you can use develop that design into something. And then see what tools you need to add to get it functioning properly.

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

You seem to have a huge cognitive backlog, that is mentally paralysing you. You need to alleviate your mind from this backlog, one way is completing tasks that are a burden.

Another useful method is making small todolists. You have items for stuff that has to be done today, i mean absolutely has to be done today, and stuff that has to be done in the next 2 weeks in another list.

Keep the urgent list small, atmost 5 items, its okej if its empty, all tasks arent urgent.

The not so urgent list can be bigger, but that should also be stuff that you know you have to do in the next 2 weeks.

Items that you write should be specific and not general, and small. Build java application is not small or specific. Implement x algorithm for sorting users according to y. Read paper x about this and that. Find 10 papers about reinforcement learning with whatever. Add whatever meta information that is useful in the list as well, so you don't have to keep that in your head as well. For instance due dates.

Why you do this, is because you will not have keep this shit in your head. And you have clear goals that you can follow, and work with.

Look at your list now and then and re prioritize the items in the list.