

title: **Am I the only one who suffers with so many unfinished things?**

num_comments: 16

num_up_votes: 74

upvote_ratio: 0.96

Post Text

Hello! I am an ADHD Developer, I work Remotely as a Contractor in Front End with React in Sports Betting company. Recently, I have noticed that I clearly suffer from subconscious anxiety, unfortunately I lost my father recently and I stopped caring about a lot of things. And I say subconscious anxiety because I have a smartwatch and I monitor my heart rate and anxiety are low, I am under 75, I just don't care but realistically I do because I am concerned in the long term I might lose my job and won't care enough to find a new one and that scares me. My productivity has gotten worse, some Jira Tickets get spilled over. No one told me anything, it's just that I know it's my fault for the spill overs, because I don't work every day. I am always present at the meetings but when I have to develop and deliver code, sometimes I beg myself for sitting in the chair, write the code and deliver it, no matter if it's simple CSS. I postpone everything until the deadline. I also lie a lot at the daily SCRUM Meetings, for example "I'm reading documentation about it", "I had a meeting with that person" I have slacked so many days, that in a way, it feels good to get paid while you do other things. For example right now, I am on an island and on work hours, after the Meetings I go to beach bars where instead I should have been working. As for my up skilling, luckily I'm very confident in my JavaScript, Typescript and React skills. Because in the past I spent a lot of time doing projects and reading the official documentation. I can write code so much faster and better than other devs. Of course, I make mistakes too when other people review my code. However, what bothers me is I am no more enthusiastic about getting more skills. I know that I am interested in Java, Selenium, getting that SCRUM Master Certification which I have studied a lot for and I also have 5 courses left in my university. And about my projects, I have been trying to do my personal blog, a professional website and portfolio for my business, but no. Not interested, zero f*cks are given. My issues are that whenever I try to work, do a course, university work. My brain stops functioning and I catch myself eating something instead, sleeping or wasting time on my phone. I also have low testosterone levels, a little above than the minimum. I really have no idea how I can motivate myself and face everything and rise. Please help.

Comments

Unknown_User

ID: REDACTED! ~ (0.0) ~ <3, Upvotes: 26

From your post, it seems to be more about the death of your father than anxiety. Grieving the loss of a parent is not easy. Your lack of enthusiasm is because you are depressed and grieving.

First thing first, make an appointment with a therapist or a grief counselor. If your company has an employee assistance program, they can refer you to a therapist who takes your insurance.

As for what to do right now, I would recommend the "two minute rule". Make a list of the things you want to do daily. Your work tasks, your personal projects, studying for SCRUM, etc. you are going to make a commitment to doing this everyday, but the trick is you only need to do two minutes. It could be as simple as getting your ide environment booted up. After two minutes, if you still don't feel like working, you can still cross it off the list.

This does two things. One, it starts to create a new habit. Getting started is always the hardest part. If you can make starting to become a habit, the rest will be easier. Two, you are playing a psychological trick on yourself. Two minutes of an activity is hard to make an excuse for, but once you get started you are very likely to keep going.

Good luck my friend, I am sorry for your loss.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

Thanks!

I'll do my best

Commenter_3

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

Try do some sort of exercise to increase your dopamine a bit, use the bare minimum rule, like the guy above suggested 5 push ups or go up the stairs quick, you need to get the ball rolling and get those little wins.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

I do exercise, I do cardio for 30 mins, 4 kms, and on other days I lift weights. I don't care about work and education. Unfortunately sometimes I freeze when I look at the screen

Commenter_4

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

How do you treat your adhd?

I read a lot of self hate in this. Not being ok with where you are and upset at the lack of current or future progression. First, have some grace for yourself. Big life changes and loss can cause us neurodivergent folk to really lean into our challenges.

Grace means being ok with coasting a bit. Doing something nice for yourself, as constantly as you can. Checking in on your physical needs. Self care. Then, lean into whatever your hyper focus latches on to. Try not to let it be your scrolling vice, and even if it is... do it until you're bored and wander off to something else.

I think that the little wins add up, and you'll naturally start having more control of your executive function.

I realize I might have written this just as much for myself

OP

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

I don't anymore.

I stopped taking meds. I don't like taking pills.

I do intermittent fasting and exercise: running, weight lifting, HIIT.

Exercise has more benefits than any other medicine.

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

if you dont mind me asking since you said you have low T and lift and all that. whats your height weight and how would you describe how fit you are. just trying to wrap my head around how it might effect adhd and mental performance.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
Fat: 37% DEXA Scan
Height: 176cm
Weight: 90kgs
Testosterone: 308/838

After discussing with some dietitian experts my metabolism must have a problem with metabolizing carbs & my blood reaction to carbohydrates and insulin.

I have scheduled a meeting with a doctor to test my response to carbohydrates and do all the necessary blood tests.

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Have you read 4 hour body (with the IF I assumed)

Small trick is try to keep your cell phone away from your pants.....

Overall though, maybe talk to a doctor and a therapist, seems more like a mental health hindrance than a "lack of motivation"

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
I read some things, yup.

Lack of motivation is a mental issue.

Commenter_7

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
> Small trick is try to keep your cell phone away from your pants.....

What is the intended effect by doing this?

Commenter_8

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4
I'm in the exact same position. Lost him May 7th. Thanks for your post, helps me be aware of my own habits. Hope you're staying healthy, if you ever want to vent to a stranger who's going through the same thing, I'm here!

Commenter_9

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Regarding the loss of your father, I can't imagine what you're going through. For me I am still processing loss from being disconnected from my family. Going through grief is one of the most challenging aspects of living. And one of the most difficult.

I recommend therapy and the book, "The Grief Recovery Handbook."

Thank you for sharing your story.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
I don't realize either. I lost my father on 15 March. I try not to think about it. I instead go out a lot with friends, having good times

Commenter_10

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Yep. Everyone else with ADHD functions perfectly like a neurotypical. It's just you with a problem. /s

Commenter_7

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

I am sorry for your loss, and I cannot imagine how difficult it must have been.

I identify with a lot of what you are struggling with (minus the grief), and honestly, I am not sure what to do myself. I am not sure how much of it is me, my lifestyle, and/or my environments. I am still debugging myself, but so far no leads.

> I also lie a lot at the daily SCRUM Meetings

Isn't that the whole point of those meetings?

You at least seem like you have the talent and the drive. I believe you have what it takes pull through and will thrive again. I wish I could be of more assistance, but at the very least, we're all rooting for you here, comrade.