title: **Leaving Current Job After Four Years**
num_comments: 3
num_up_votes: 29
upvote_ratio: 0.98

Post Text

After years in a fairly stressful gig, I decided to leave without having another job lined up. This is the
first time I've made such a risky change in my career, and I'm equally hopeful this will be what I needed,
and terrified that I've made a huge mistake. We had all of these ERGs for every different type of employee
demographic, but absolutely nothing for people with attention and/or mental health issues. To an extent
that makes sense, and businesses are less likely to want to encourage openness about such struggles for
HIPAA reasons, as well as not wanting to have to admit they need to accommodate those employees. The stigma
was so real. What's more frustrating, after years of honest disclosures about my issues and asking mgmt to
reasonably meet me in the middle on my assigned projects, I continuously got, "You're just being hard on
yourself, you can do this". That occurred over no less than ten conversations over the past three years,
both verbal and written. I was always able to deliver, but many times that came after not sleeping for days
and putting myself through an emotional and physical rigor that seemed wholly unnecessary. I saw colleagues
come in and get softballs while I struggled through some of the more complex projects my team had ever
undertaken. They gave me an eleventh hour offer to move roles to a position where there is no room for
advancement. Basically, I'd have tighter timelines and many, many more projects, smaller in scope. I'm
afraid of leaving, and in a way I think that _might_ be better - more deadlines to push me along - but it
seems equally stressful, and then I really won't have the mental energy to entertain a job search outside of
work.

Comments

Commenter_2
ID: REDACTED! ~(o.o)~ <3, Upvotes: 7
It's better that you left.

The way you describe it, if you took their offer, you'd get a dead-end position with more stress, which
would not only eventually burn you out but also wouldn't give you better career prospects afterwards.

Job hunting while unemployed will likely be stressful (had done that myself in the past), but at least the
holiday season is over now, so you won't be as likely to experience processes sitting in limbo for weeks
just because the HM or your recruiter has left for vacation.

Commenter_3
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
I've just hit this exact point in my own career. Not as stressful as yours by the sound of it, but
definitely years of lack of progression and often getting comments on my work style despite my manager OKing
my shifted timetable and so on. Being told I'm using my diagnosis as an excuse, that I can just try harder
etc. I'm unmedicated due to the difficulty of getting and keeping medication in the UK, and even if I did go
back on meds, I wouldn't do it for this company as the side effects are brutal.
Same as you I'd be walking away with no backup plan, no job lined up. Just make sure you have decent enough
savings in the bank to avoid stressing yourself out while searching for new work. Best of luck

Commenter_4
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
For you specifically, you'll be fine and will land on your feet.

In general, (and for next time, which is inevitable for an adhd programmer) it is always better to get your

next job while still getting paid from a current job.

You are more attractive to employers when you have a current job, they can't call your current job for a reference, and you are more likely to negotiate more money.

So the key is to acknowledge that you are likely going to leave your next job after 4 years. We get bored. Don't get surprised next time.