

title: **I hate stand up**
num_comments: 24
num_up_votes: 74
upvote_ratio: 0.97

Post Text

We have stand up every morning. I hate it. Between my social anxiety and my ADHD, I always freeze up, forget what I did, and end up stumbling over my report. If I've had a low productivity day it's even worse. Sometimes I say I'm sick just to avoid stand up.

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 52

I'm sorry, that sucks. It's stressful for me too, and I've had a lot of those freeze-up moments that you're describing. One thing that has helped me a lot is taking some notes ahead of the meeting so that I have a "script" I can read from of what I did yesterday, what I'm doing today, and my blockers. I actually have a daily notes template that I use for this to make it easier. Maybe that would help if you haven't tried it?

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 16

I second taking notes ahead of time, either at the end of your day or even right before the meeting in the morning. I almost always get that anxiety-induced brain fart during my morning stand up and jotting down some talking points beforehand has helped tremendously.

Commenter_4

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

For all public speaking: Rehearse it.

For this, go through in your mind exactly what you are going to say. If it comes out differently when you do it for real that's fine too. But at least you have figured out in advance what things you need to cover.

(For longer presentations I would recommend giving the entire presentation to an empty meeting room, fixing the problems that you found, then doing another empty room presentation).

Commenter_5

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

Rehearsing doesn't help for freezes. Only notes that you can read does.

When I freeze my mind just go blank.

Commenter_4

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

Fair enough. Everyone is different and finds different techniques that work for them.

Commenter_6

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

Yea everyone's different. Rehearsing helps me substantially.

Commenter_7

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

Yes this. I can't ever remember to take notes the day before as I do things, but writing down a list of things beforehand that I remember has been a big help. On low productivity days I just say I'm continuing to work on [x] or I say I didn't get much progress but still working on [x]

Commenter_8

ID: REDACTED! ~(o.o)~ <3, Upvotes: 22

Does your lead have a problem with your reports or is this stress that you put on yourself? Mine got a lot easier when I made the realization that my team lead was also managing several other projects/teams and didn't care about the little details that I forgot. If it was important to him, he would ask, and if I felt it was important but he didn't ask then I could always message him later. If your lead is more of a micromanager, I could see this being a stressful situation, but if not, you might need to start working on how you can convince yourself that it's not a big deal and that you are trying to hold yourself to a higher standard than you need to.

Commenter_9

ID: REDACTED! ~(o.o)~ <3, Upvotes: 7

Of all the suggestions, which are great by the way and can work, I feel more associated to this comment.

I manage, and I forget what I did fifteen minutes ago. I don't expect my devs to know everything, so if it is important enough it sticks out through the brain fog like a lighthouse high beams - we'll chat and hyperfocus on that following standup. Otherwise, I trust my team to bring it up on their own and make their own decision.

Anything more and I wouldn't be able to get my own tasks done.

Commenter_10

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

Your scrum master is an agile coach, go have a word with them quietly about how you're feeling. There might be tweaks to SU or they might tell you you're doing fine or something.

Commenter_11

ID: REDACTED! ~(o.o)~ <3, Upvotes: 8

I'm a Product Manager with ADHD. The dev could say the absolute bare minimum and I'd still be happy to get an update. "Yesterday, I worked on ticket ABC-123 and today I'll raise a PR, no impediments/blockers." If I really need to know something, I'll ask someone specifically. You could even use just one format to answer the 3 questions.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

Yes, same as what other said, write down bullet point notes before hand. This helped me out a lot.

Commenter_12

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

I find them stressful yet motivating.

- Absolutely write down what you do as you do tasks.
- that way, you know what you're going to say.

I have to track my time and that's another opportunity to write down what I did, because I need to anyways.

It helps me sleep at night too. If I get anxious, I open up my phone notes and type in a few line items.

Commenter_13

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

As some people mentioned, really the only goal of the daily standup is to talk about any impediments that would be a risk to the sprint not getting done. That's it. In a lot of places you see devs taking turns talking about how busy and productive they've been, and it's one of the hardest things to get out of their system.

If nobody has any impediments to discuss or other important info, the DS can be done in 5 seconds.

Unknown_User

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

Same here. It feels so stupid but the stress of it throws off my whole day and makes me overall way less productive. I've gotten so much more done in weeks where our scrum master was on PTO and we gave our updates via slack, but those are rare.

Commenter_14

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

We don't even really do stand-ups at my job. Most of our devs are full-time remote and the rest of us are hybrid (3/5 days are remote). We'll sometimes report our task status to the PM, but that's like weekly, and even then, it's usually just a "post it in slack" thing vs in real time. I've gone many days without even talking to another co-worker (those are the best days)

Commenter_15

ID: REDACTED! ~(o.o)~ <3, Upvotes: 0

Our standup is short, we have a stated goal of each person taking less than one minute each. We also only do "in person" stand up two days a week, all other days are async over Slack, and should only be a few sentences.

Definitely talk to your manager and teammates about how you think it can be improved.

Commenter_16

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

I hate 'em too :/ Taking notes the day before seems like good advice, though.

Commenter_17

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

I don't even think there's a neuro-typical person who likes stand-ups.. heh heh

Commenter_18

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

I hate to say it but there are days where the threat of standup is what motivates me to do work, so I guess it works both ways...

Sorry to hear that it sucks. All the normal ADHD advice applies: stay medicated (I know DSUs are often done first thing in the morning so it can help to make sure you get your dose in 20 minutes or more before the standup), keep up with yourself, communicate your issues if possible. I do think that programming for the most part is sort of made for people with ADHD (I think it's more accurate that it's made for people on the autism spectrum but since everyone with autism has ADHD we get to come along for the ride) but yeah, sometimes some aspects of it can suck if your brain is set up a particular way.

Unknown_User

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

Same. Stand is such a pain for some of us. I'm sorry friend.

We've actually been experimenting with eliminating our daily stand and we rarely ever do them at this point. But I kid you not, last week it's like one minute before the meeting, no word on us having or not having it so I assume it's being canceled. Lead slacks me, "hey we want to use your example in stand, you can present it?" I don't feel like I can decline you know? I go into the meeting, spotlight goes right on me, the leads lead says Hey Anon, did you see my response to your example? I literally had like 45 seconds of fucking time to prepare. No, no I did not. So in stand, I'm having to read these notes and explain if they work or don't work in my example. I have no doubt I was visibly irritated as much as I tried to hide it. Because I was stressed, anxious, angry, and this is possibly one of my biggest fears in this environment is being pulled from a task where I'm in a flow, and told here, talk to 20 people about a thing. Oh, and you won't have any frame of reference for the thing we're talking about.

Nightmare fuel. I've been in a bad mood at work since then. First thing this morning, have a problem ticket I've been working on for two weeks. Like 15 touches, multiple leads on our end looking at, I'm getting a TON of praise for how well I did. The research, the data, all of it. Finally get the last piece of the puzzle in, and have to ask our backend team to handle some financial stuff. The backend team did the opposite of what I asked. Literally undid everything I did for the last two weeks, and it's not reversible. I wanted to scream. I still do.

I need some time off...

Commenter_19

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

I've gotten used to them over the decades. However, I still hate having to do demos. I don't think I'll ever get used to them. Luckily, my current team know I have ADHD, and they know I struggle, so they only ever get me to do a demo if there is no other option.

Commenter_20

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

Haha me too. But for other reasons I guess. Every team I've been a part of in over 12 years I've nagged about skipping them. Eventually we do. Because they are useless. Because these updates are never just small. There are always discussions that go on and on. And they are always smack in the middle of prime efficiency time. Absolute garbage.

If you feel that you need standups, you actually need to communicate better with some people. Having everyone stand in a circle in an attempt to fix that problem is crazy.

PS: Written with hatred though. I know that for some teams it actually works fairly well. But that has never been my experience.

Commenter_21

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

Notes are the way to go. Unless I'm unusually enthusiastic about what I've been working on (in which case I can ad lib), I rely on notes during standup. Working remotely is a godsend because I can type them out on screen and read them without being super obvious.

However, when I worked in an office and attended standups in the literal sense, I just wrote them on a sticky note and looked at them when talking. No one ever had a problem with this, and some colleagues realized it was a good idea and started doing the same.