

title: **Imposter syndrome with adhd**

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Post Text

Hi all, I'm been struggling with graduate studies and SWE job because I think too complex. This has led to a series of depressive episodes and job switches where I thought maybe I'm not good enough. Each time reducing the salary, to the point that now with 4+ years of experience with C++/ java /C#/python across everything from information security,fintech and embedded systems development; I am getting a fresh graduates salary. How do I deal with this imposter syndrome?

Comments

Unknown_User

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

I'm tryna learn, and hope to be entering programming as a career in time. I've bounced through a few different job environments and duties, but a bit of sales and customer service.

One thing that's consistent with every job (which is also consistent with pretty much everyone I've ever met) is that **nobody** knows what they're doing, until they do. I can look back at jobs where I was better at it than I gave myself credit for, and that's mechanically the same as being at a lower skill level.

Here's the good news: Whether it looks impossible or not, you **can** course correct. It doesn't have to be an all at once thing. You can take some time to get there with little tweaks and adjustments, so it's not some impossible Wall of Change you can't get passed. Journey of a thousand miles starts with one step, kind of thing. I know I manage better if I can make a bunch of small changes to amount to one big change over all. You keep getting those dopamine hits, for one. You get a series of small victories and get some confidence back. In theory.

From where I'm standing, outside looking in, you've got 4 years of experience and I'm pretty jealous. I hope **I** get to feel like a fraud in 4 years.

First and foremost, take a beat and take a breath. You're in your head on this, and you're getting a lot of skewed information right now. A lot of it is bullshit and lies. But it **sounds** like it's your actual inner voice, so it sneaks in. That's just negative propaganda that you believe about yourself.

When all else fails, maybe you can succeed just to spite that propaganda? That's a double black diamond, for sure, but sometimes, you just need to ski K2. I have faith in you, internet stranger.

Commenter_2

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

This is more of a psychological thinking problem, but it has it's roots in ADHD messing you up here and there, thus weakening your self-confidence.

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What's important you look at the overall contribution and take that as your measure of worth.

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Paste this on your Fridge door, as print out with a magnet: 'What did I do well today?'

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As for what you can do to actually ameliorate depressive episodes that's an entire post on it's own.