title: **What are the biggest irritations for Programmers with ADHD?**
id: csku9y
url: <u>here</u>: https://www.reddit.com/r/ADHD_Programmers/comments/csku9y/what_are_the_biggest_irritations_for_progra
num_comments: 32
num_up_votes: 31
upvote_ratio: 0.97

Post Text

What are your top irritations? https://preview.redd.it/qgm8d79w3gh31.jpg?width=612&format=pjpg&auto=webp&s=
4a51219fb9a327509a26b30e2270e1a140a1bc9d ​ 1.) Getting internally distracted by thoughts or
interesting things on the internet ​ 2.) Loud Co-Workers especially when working in a cubicle
Environment ​ 3.) Unfriendly IDEs which don't have syntax Highlighting ​ 4.) Super Drained
after 2pm after working on tough problem all morning ​ 5.) Being forced to do complex calculations
in your head ​ 6.) Loosing track, forgetting the big picture and getting lost on mindless details
​ 7.) Getting assigned tasks that you have no prior experience without proper preparation by a
senior. ​ 8.) Not having somebody who can help in the office for a task (know-how wise, not
workforce wise). "Last man Standing" Worse together with 7. ​ 9.) Lack of empathy of co-workers:
For them it's about the "When" and "where", not "how" or "what". So instead of helping you out of your
misery (e.g. start the task together, give me an Overview what is demanded etc.) they just try to calm you
and say stuff like, "yeah yeah it's all gonna be fine you can do that" (well I know I'm competent enough,
not helping at all) or "it's okay to swim a little bit \[when starting a new kind of task\]" (well it is
certainly not, when it feels like freaking waterboarding!) 10.) Having no idea how to address
aforementioned problems to your Project manager / Co-workers because of getting mad when they can't
understand again or even think I'm acting like a weakling and try to withdraw myself from responsibility.
​ **
********* Any others to add? What are your top irritations? *******************\
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Comments

Commenter_2
ID: exfmkyt, Upvotes: 11
I just started a new position and they gave me a crappy slow laptop. I get bored waiting for the laptop to
do something so I start surfing the internet. After half an hour of surfing I stumble across what I was
originally doing and I don't remember what I was doing. I've asked for a new laptop but haven't heard back
yet. 1, 2, 6 & 7 would be the ones I struggle with the most.

Commenter_3
ID: exg9gqq, Upvotes: 7
Oh god the slow laptop, this is exactly the same for me, started 3 months ago and I am considering
quitting (but can't as this would be my 3rd job in 18 months if I did) and getting a new job solely
because of the laptop it is so frustrating and I inevitably end up browsing the internet while waiting
for it and we know how that ends…. I even offered to bring in my gaming pc to use instead but they
wouldn't let me.

Also, I'm dead after 2pm and of no use for the rest of the day. I wish they'd let me go home at 2 and
then wfh say 7-10 to finish off my hours. We'd both be happier. open offices are the worst!!! So many
distractions

OP
ID: exsn2m9, Upvotes: 2
Only few things you can do about it:

\-> Improve brain function so you get less distracted

\-> Any type of external stimulation blocking

\-> This nice App to keep you on track or at least give you a reminder play time is over, get back to work biatch: https://tomato-timer.com/ :)

OP
ID: exfnmfl, Upvotes: 1
Thanks!

Commenter_5
ID: exgb1rh, Upvotes: 9
Shit documentation makes me unhappy.

Commenter_6
ID: exi05n9, Upvotes: 5
Shit documentation makes me actively depressed

OP
ID: exsmybr, Upvotes: 3
For some reason I'm laughing, then I realise yeah reading Microsoft OS with it's multiple levels of inference as made me go crazy, like go to section 'AliBaba's Mother' to know about how his fucking cave looked like! FML

Commenter_7
ID: exftyse, Upvotes: 6
Waiting for a computer to do/finish something.

Commenter_8
ID: exi154d, Upvotes: 6
Getting my train of thought disrupted by constant IM notifications, emails, and people stopping by.

Having to go to meetings when you're in the middle of something.

Fighting with my programming environment when I already know what I want to do in the code.

Shifting or unclear deadlines. Honestly, deadlines in general stress me right out. Please just assume I'm working as hard as I can to get it done as fast as possible with quality, or respect my estimation range instead of mailing down a date.

OP
ID: exsmqs9, Upvotes: 4
Yep the unclear deadlines suck, so generally I always do checkins with my boss.

Commenter_9
ID: exfgqgc, Upvotes: 10
I'm not sure if it is an ADHD thing, or a Lefty thing, but I need my IDE to be pretty to look at. If the layout is a mess it will seriously screw with my productivity on a subconscious level that eventually bubbles up as a conscious block to coding.

That said, I do not pick an IDE solely on looks. VS Code is pretty, while PyCharm is about as cluttered as I

can take. I take PyCharm because I make use of all the additional functionality... and it lets me make it less ugly with customization.

Commenter_5
ID: exgb9af, Upvotes: 5
I know a guy who writes python in vim. That's probably pretty distraction-free.

Commenter_10
ID: exhpjn7, Upvotes: 2
I'm that kind of guy. I use vim for Python, C++, and LaTeX.

Commenter_11
ID: exg9yu1, Upvotes: 3
Any JetBrains IDE + Fullscreen + Distraction-Free mode = godsend

OP
ID: exfmyik, Upvotes: 1
Interesting.

Commenter_12
ID: ezm6um2, Upvotes: 1
I prefer emacs for this reason

Commenter_13
ID: exfzxgq, Upvotes: 5
How about "Not being able to hold down a job"?

I did really well in university. I had a really strong novelty preference and learning stuff gave me a huge rush.

Now, in the workforce, it's "Learn a stupid architecture and do a thing. Now do the same thing again for another problem. Again. Again. Now do it again, but this time with an angry customer and a boss breathing down your neck.". Rinse and repeat until your last drop of sanity has been used.

It only takes a few months to be seriously fucked off at everything around you. Incompetent architectures. Really bad code. Incompetent co-workers. Customers that can't double-click a mouse or read.

OP
ID: exg1ahf, Upvotes: 2
Until your last drop of sanity has been used made me crack hard. I find familiar problems comforting, so much that I'd just document a process for it in the future for ease of retrieval, and it has paid off many times especially in times of crises, do much that even my boss forgets how things were done. I'm more on ADD spectrum, I rarely get hyper moments, so my biggest worry is my boss finding me sleeping on the keyboard or I solve the problems too slow. Other than that I find even NeuroTypicals start to lose track and get annoyed. I get the part with job boredom, either I finish work earlier, to research/work on my passions or simply take my leisure to finish something.

Commenter_14
ID: exgyql0, Upvotes: 5
#2 by all means. I cant think a clear line in a room filled with human noise. Or any noise...

OP
ID: exsn5gq, Upvotes: 1

Interesting, some people say a background level of sound is helpful, for me a low buzz of music is enjoyable.

Commenter_15
ID: exfi791, Upvotes: 3
I hit #6 pretty hard, and the whole Imposter Syndrome is a thing (I've been in the industry for 10 years, and I still feel like I'm faking it when I apply for new jobs), and you definitely don't want anyone to find out you think you're faking it at your current job!

OP
ID: exfniob, Upvotes: 3
Why is that? Is it because you don't trust your cognitive function/skills? Or you don't remember/celebrate your successes?

Commenter_15
ID: exfqsju, Upvotes: 3
Well, I was only recently diagnosed, and I started meds, which help immensely with the "existential dread" I had of tackling problems I hadn't seen before. Within the first week of me taking the meds, I branched out, trying (successfully) to write an API in C# (I've been front-end my entire career). APIs just never made sense to me before (using them, yes, but writing them? No way) and I was too uncomfortable with the unending failure I expected to really go for it. Apply that to all of programming, and I just felt like I wasn't a real programmer, like any programmer can do what I can do, but I'm not special, I'm dispensable, and who would want me as an employee? But I convinced them to hire me anyway because I need money for food and housing, and tada! Imposter Syndrome!

OP
ID: exg2kmf, Upvotes: 2
Kinda reminds me of the company I worked for, but I upsold them to give me 30% higher wages than norm, which goes to show you companies only pay what they think you are worth. I was given skill competencies tests before but I figured out ways to cheat before hand: Codility anyone? You can just buy the tests beforehand if you know they are using that, and if you are resourceful enough you can get that info out of a job placement agent by asking probing questions about the interview process. Yes we can do some very dirty things for survival but ain't bout brain's creative in the first place to do that? Lol

Commenter_16
ID: exh69pv, Upvotes: 3
For me, it's probably entering a zone while solving something and not getting out of it. I think that limits the perspective, and sometimes things become complex. And when I see the same problem 1-2 days later, I've absolutely no idea what I was thinking at that moment. And here's the worst part, documenting the code doesn't help either. I somehow can't even comprehend my own thoughts a day later.

OP
ID: exsmoz2, Upvotes: 1
Interesting, it's a matter of being able to organize your thoughts and stepping back to see the larger picture.

Commenter_16
ID: exsqsku, Upvotes: 1
And how can one do that? Because organization for me is a big ask. I just write the top 2 ideas and start with the implementation. If I start digging deeper, I'll lose the problem in hand.

Commenter_6
ID: exi0b2w, Upvotes: 3
Number 9, lack of empathy from coworkers: would it kill them NOT to assume I'm stupid or lazy? Would it?

Commenter_17
ID: exh6swb, Upvotes: 2
Not necessarily a developer thing, but: random sleep.

I have good nights and bad nights.

After a good night, I'm sharp as a knife, get to the point quickly, I am productive and I do multitasking with ease.

After a bad night, I'm the master of procrastination, I can't grasp most of the things, my head is filled with clouds.

Fortunately I have medication now, to make the bad days less bad.

> ###### OP
> ID: exsmu41, Upvotes: 1
> Yeah those days are the worst, then you need more stimulants to wake you up!

Commenter_18
ID: exgha01, Upvotes: 2
I actually find new challeging tasks to be more pleasant than repetitive ones. Whenever my boss goes saying something like "hey since you already done similar tasks to this one and got all figured out, is safe to assume that you will finish it more quickly righr? " i die a little inside.

> ###### OP
> ID: exsms2a, Upvotes: 1
> The Dopamine reward :D