title: **I think I might be too dumb for an office job without medication because of ADHD**
num_comments: 22
num_up_votes: 58
upvote_ratio: 0.98

Post Text

I graduated in CS last May. I've been getting interviews for jobs but I cant seem to pass timed online assessments. I just never have enough time. And last august I got a job but they said I couldn't pay attention in meetings and got fired. I have an appointment to see a psychiatrist near the end of Feb but trying to schedule appointments w them havnt been going well because im poor, they keep delaying taking forever etc, i prob wont even b able to get the medication I need. The only reason i even finished my degree was because I got extra time on exams from ADHD. Im about to give up and work at a grocery store or something and maybe just work on apps in my spare time.

Comments

Commenter_2
ID: REDACTED! ~(o.o)~ <3, Upvotes: 15
Have you ever been on medication before? I am far more functional on it than off.

Unknown_User
ID: REDACTED! ~(o.o)~ <3, Upvotes: 11
yea i felt like a normal person and was able to be a decent employee. Im screwed rn

Commenter_2
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
I would get medicated as soon as you can, and stay on medication when you have a large work load and take a break on the weekends/or when there is not much to do.

Unknown_User
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
I cant get it for 3 weeks... I have a coding test due tommorrow night, i quit vaping 3 weeks ago, im thinking about picking back up again for the performace boost but its so hard to quit vaping once u start again.

Commenter_2
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Let me know how it goes. See if you can substitute caffeine with vaping?

Unknown_User
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
Im in the library trying to study for this coding test the last 4 hours but I just wasted the last 4 hours Im thinking about vaping again.

Commenter_2
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
Stay strong duderino.

Commenter_3
ID: REDACTED! ~(o.o)~ <3, Upvotes: 14
> about to give up and work at a grocery store

I remember hating working as a programmer in my early 20s (before medication)... I used to always be going on about how I'd rather be scrubbing toilets than programming and crap like that, haha.

Obviously medication will help the most...

> if I could even find a psychiatrist willing to prescribe I haven't been able to get an apointment in 3 years

What country are you in? What's the process there? Also when you do see newer psychiatrists have you told them that you were successfully medication in the past? Where I am, even as an adult it makes a big difference if you got a diagnosis as a child or not... both in terms of whether GPs/psychiatrists believe you, and also in terms of government subsidies for medication.

Also wonder what happened to the old psychiatrist... did you move or something? Can you get them to forward your history over? Maybe that will help.

More generally beyond medication... you might also take into account that there's different kinds of programming jobs:

* working on internal company projects -vs- agencies making stuff for clients... the working conditions are quite different... I mostly worked in agencies and fucking hated it...everything was just about shoving stuff out the door ASAP, and it's hard to stay motivated on a project that effectively "ends" once it's handed over.
* Frontend vs backend - usually we prefer one over the other
* Small vs large teams
* Being an employee vs contractor
* Working in an office vs from home

...I've found these things to all affect how much I can concentrate be productive. So even if your past/current companies haven't been a good fit, maybe you need to adjust some of the variables listed above.

I'm a contractor these days, always from home... which means that I have more control over when and how much I work. When there's deadlines that are too close, I can just do all-nighters. And I also have plenty of breaks in between not working at all, which really helps avoid burn out. Personally I can't imagine going back to working in an office, I was so fucking unproductive there, and a lot of it isn't even in your control there... people are interrupting you all the time.

For me if I had the choice between going back to the in-office webdev agency style of working, or just change career entirely... yeah I really don't want to go back to that.   But under my current circumstances (older, and self-employed, also have a good grip on managing clients/specs etc), being a programmer is awesome, so it was definitely worth sticking with while adjusting those variables above to find the right fit in the end.

Commenter_4
ID: REDACTED! ~(o.o)~ <3, Upvotes: 11
I need my medication to function effectively at work, no shame in it.

Commenter_5
ID: REDACTED! ~(o.o)~ <3, Upvotes: 11
I've seen some real dumb people out there, producing nothing. You can't be worse than them.

Consider telling your team about your ADHD when you're hired. My team is extremely more OK with me looking bored during meetings because they know it's ADHD and not lack of interest.

I got my first good job at 28, and my diagnosis at 31. If I made it this far you can too.

Commenter_6
ID: REDACTED! ~(o.o)~ <3, Upvotes: 5
I was on medication all through high school and university and it certainly helps. However, it didn't feel good for my heart and overall personality in general (I was real irritable when coming down). One of the best things I did after graduation is quit but I started a little habit before I went cold turkey.

I trained my brain to recognize Altiods as a signal to work. I would pop the pill before work so when I started my workday, it would kick in. I would suck on a breath mint every time I was going to focus hard. After about a year of doing this during my internship and senior year I was able to substitute amphetamine salts for a breath mint and I would get a similar rush. It's not a silver billet but it helped me be able to be productive enough and hold down programming jobs and produce. I haven't taken adhd meds in over several year and while it still can be an issue from time to time at least I have way to combat it.

Commenter_7
ID: REDACTED! ~(o.o)~ <3, Upvotes: 4
I bet you are not the dumbest in the office. Everybody wishes they could give 110% all the time, but just think: if stupid and lazy people couldn't hold jobs, there would be massive unemployment. Just do what you can when you can, and see what you can do about meds and other survival skills. Meanwhile your employer just has to deal with you being human and not a machine.

Commenter_8
ID: REDACTED! ~(o.o)~ <3, Upvotes: 3
> I graduated in CS last May

At least you made it this far man - I'm still struggling with that bit. Best of luck to you and your future.

Commenter_9
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Well, at least the medication works for you.

   ###### Unknown_User
   ID: REDACTED! ~(o.o)~ <3, Upvotes: 3
   if I could even find a psychiatrist willing to prescribe I haven't been able to get an apointment in 3 years , i have an appointment in 3 weeks but who knows if i will be able to get the meds i need , sometimes they aren't very helpful

      ###### Commenter_10
      ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
      If you are having trouble getting medications, try following the suggestions from these books

      * [Finally Focused](https://www.amazon.com/Finally-Focused-Breakthrough-Treatment-Hyperactivity/dp/0451496590)
      * Healing ADD

      Your local library might have a copy.

      I tried some of the supplements mentioned in these books and it helped me; it's nothing like being on Ritalin, Adderal, or Vyvanse, but I can see an improvement for sure.

Commenter_11

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
This sub just has an entire thread dedicated to natural non-pharmaceutical treatments. Have you tried those?

Commenter_12
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
(In the US) You don't need a psychiatrist once you've been diagnosed with ADHD. Any general practitioner can help you out and/or refer you to a mental health Nurse Practitioner. My OBGYN office has 2 and I see them for my Adderall prescription. Unless you want some insane dose or something you shouldn't have a problem. Just tell them what worked before (although they might have you work up to that dose) and you should be fine.

Don't take not having any offers too hard. The tech market is tough right now. Looking a little through your post history I will say

Edit: sent the comment too soon whoops haha.

I will say data scientist jobs are usually for those with masters or experience. Try for data analyst positions if you want to go that route.

But Dev jobs will pay better. Especially in the long run.
Some QA jobs want people with programming experience and will pay accordingly look into that too maybe?

Honestly you're OK to be bad at things off medication. Every time I quit mine I almost lose my job and then have to get back on asap and be an angel employee.

Commenter_13
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Hey you can try Binaural beats for a few weeks. People have benefited from it a lot. Research says your can increase your IQ by 23% and iq points by 33 within a few weeks. Listen to Delta, theta, alpha, beta and Gamma (My favourite as its best for learning, cognitive function, concentration, memory etc).

   ###### Commenter_14
   ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
   Do you know what research has been done for each of those and what they're best at?

Commenter_15
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
You're not "dumb" you just need extra help to manifest your intelligence. Medication is one kind of help, and once you're able to get some, you really should try again with the whole office job thing.

Commenter_16
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
You are not too dumb to work in an office. They are the most unnatural environment. Find an environment that suits you, and where you will be happy .