

title: **How did you start looking into your ADHD?**

num_comments: 26

num_up_votes: 40

upvote_ratio: 0.96

Post Text

I've always thought I am just not super interested in computer science as a topic, but love programming itself. In college I had low GPA so I couldn't major in computer science. However I am a software engineer now. Self taught beside the intro college courses. So I guess I am a slow learner and go at my own pace. I enjoyed Leetcode though and my recruiter said I aced my interview. Anyways, now at work, I feel like the people there are brilliant. There's a person that is super productive and fast. I have grit and I think I can focus for hours but I guess I'm not as fast but now I wonder why. Or maybe this person is the kind that will work overtime? One time I went to a job interview at a scummy company called Property Matrix. I drove like 45 minutes there and they asked me to take a test on the computer. It was an "aptitude test" of some sort, and I guess I failed it really bad and they said that was all. I was upset and said I didn't come here to take a computer test, I came here for an interview. Then I met the scum bags in their office and they interviewed me half assedly while they looked at their computer screens. Anyways, I got home and Googled the test and I guess it was an ADHD type of test which is illegal in the US if I remember correctly. Worse interview experience. Fucking scumbags. So maybe I have just a bit of ADHD. Maybe I should see a Dr? Never gave it much thought until that bad interview experience and then again recently feeling like my co workers are super stars but not me heheh. Sorry for some of the ranting.

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 17

Wow, that interview sounds awful, sorry you have to endure that.

>There's a person that is super productive and fast. I have grit and I think I can focus for hours but I guess I'm not as fast but now I wonder why. Or maybe this person is the kind that will work overtime?

I mean it's always a possibility that someone doesn't have a life outside of work and likes doing it in their spare time as well (or is overly ambitious and wants to be seen as the top performer). I wouldn't focus on those other people, how are you doing yourself? Do you get regular feedback from your manager and/or team? Are you progressing?

I personally started looking into getting diagnosed after a few burnouts that caused me to change jobs because I was using adrenaline and panic mode to complete my work on time instead of being able to focus on it before it becomes more time-sensitive. Actually, the final drop was getting a really chill job where I could no longer use panic to finish my work because I was in charge of my own deadlines, lol.

There's nothing wrong with having ADHD and meds help most people, so I would recommend at least getting tested for it, so you know. Btw, not all meds work for all people, and it may take more than one try to find something that works for you (just something to keep in mind if you get that far).

Commenter_3

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

I would second the realisation that everyone is different, and you can't compare yourself to others at work.

I've had a lot of colleagues whose hobby was also their job. They spent hours in the office over time,

took on every new project or responsibility, read journals on the field at the weekend for fun. They just loved work.

Or maybe they just lack imagination? I have tons of hobbies outside of work; I am happy to get feedback from my bosses and take action upon it, but I'm not gonna stay a minute over my time or be at work conferences for the weekend.

All you ever have to worry about is are you worth your pay? Remember, the amazing productive guy is probably well rewarded for that, so you're equal. You both earn your pay each day.

Life is hard enough without looking for ways to put yourself down. Ask for feedback, action it, work to the best of your ability. The rest doesn't matter.

Commenter_4

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

You could also check out Binocular Vision Dysfunction. Some peeps here might even have it.

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 11

Depression symptoms. ADHD never crossed my mind until my psychiatrist mentioned it.

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 10

Same. Told her I was depressed because I'm bad at my job, can't focus, can't finish anything, never published my master's thesis, etc. Then told her I had anxiety because that's the only thing that forces me to actually work is sheer panic. had no idea all of that is just ADHD driving depression and anxiety.

Unknown_User

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

[deleted]

Commenter_6

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

Psychologist, so my therapist who can't prescribe medication. She did the diagnosis questionnaire with me and sent me with it and gave me some ideas on finding a psychiatrist. So I see both a therapist and a psychiatrist. The psychiatrist basically just refills my RX and asks if I'm sleeping and eating fine. The therapist is the one I actually talk to about my life and come up with strategies for managing my life. My understanding is most psychiatrists don't really do talk therapy.

Edit: if you have a therapist already, I recommend bringing it up with them. If not, and you are seeking diagnosis and possibly medication, just go straight for a psychiatrist. You can find one on <https://www.psychologytoday.com/> in your area that accepts your insurance (at least in the US)

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 12

For me, it was a buildup of little failures that eventually made my life dysfunctional: rejection sensitivity in dating, time blindness for work meetings, lack of drive to finish long-term projects which affected my academic career. As a young adult with a lot of energy, I was able to paper over these dysfunctions and "barely make it", but the older I got, the harder it got. To the outside world, I was someone who was intelligent and had potential to be successful but was unhappy and unsuccessful, so

dysfunction was often dismissed as a personality quirk or a character flaw. But everyone and myself knew something was wrong and could not place a finger on it. Eventually an ex pointed out that I might have ADHD (she had worse symptoms and was actively treating them). I did some research and the more I read, the more I found people suffering like me. Eventually took the steps needed for diagnosis, therapy and medication.

If any of this resonates with you, don't hesitate to see someone about it! The earlier you get on the path to understanding yourself, the better it is for you.

Commenter_7

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

Not OP but this really resonated with me. It's the small buildup that keeps messing with my mindset on all of it. Sucks, but it's nice to know I'm not just outright crazy, lol. :)

Commenter_8

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

A video from scishow psych, bless them. Failing uni helped to be open for such signs.

Commenter_9

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

I'm curious what the test was, care to share more details? It's illegal for them to ask if you have a disability, not sure if it's strictly illegal to test you for a disability but it sounds like it should be.

Either way it's stupid, some of the best software engineers I know have ADHD way worse than mine.

​

On to my story

I sought treatment for depression in my mid 20's. I attribute most of my depression to my inability to finish any meaningful projects. It's also partly attributed to the self-esteem / emotional issues that come with an inability to finish even simple tasks, being forgetful, etc. Families with kids who have ADHD have to be so careful, it's so easy to cause damage inadvertently.

Well after a few months of therapy, etc. one of my family members reminded me that I was DX with ADHD when I was a kid. At some point in my teens I had forgotten this, but it all made sense. I went to the DR & got rediagnosed, then began treatment specifically for ADHD.

Some people get upset when they initially seek treatment for ADHD and are diagnosed with depression/anxiety. I found therapy for those to be extremely helpful in general, and also found that it's been quite helpful in managing my ADHD symptoms.

In your case, if your symptoms are in fact very light & it is not really impacting your work/school/life in general I would be surprised if a doctor would prescribe medication; however, therapy would certainly be appropriate and would most definitely be helpful. Despite how it may seem, untreated ADHD is dangerous.

OP

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

From my reply in another comment: It was one of those testing softwares that companies sign up, but I don't remember the name of the testing company. For the questions, I remember one of them involved flashing numbers on the screen and you had to press a key if the number that flashed 1 or 2 flashes ago (not the immediate previous one) was less than the current number, or press another key if it was greater than the current one.

Commenter_9

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

oh wow. Yeah that does sound like an ADHD test. So weird that they'd do that.

Commenter_11

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

I've been fighting anxiety and depression my whole life. Doctor said my daughter may have ADHD, so I started thinking about it. Turns out there's a lot more than ADHD going on, but looking into ADHD led me to autism and a couple of other developmental disorders.

If you suspect you have it, talk to your doctor because living with it is way easier if you manage it.

Commenter_12

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

I was one of those kids who was a very obvious case from an early age, to the point that teachers suggested that my parents get me tested. They didn't, because they didn't "believe in ADHD". While part of me still has some anger towards them about that, I don't entirely fault them for making that decision, for other reasons.

Anyway, the decision was quite simple: it was either get evaluated and start to handle my shit, or fail out of college. That was during my freshman year.

Commenter_13

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

> Anyways, I got home and Googled the test and I guess it was an ADHD type of test

Got any links about what kind of test this is?

Or otherwise, what kind of questions did it ask you?

Just curious what this kinda thing involves?

OP

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

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Commenter_14

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

i failed out of college and was looking for answers. found someone's post on reddit with almost the exact same scenario as mine. they had undiagnosed ADHD. went on the subreddit and nearly cried my eyes out. hadn't read anything so relatable before.

Commenter_15

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

Did you ever get back in school?

Commenter_14

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

Ya i did. I graduated !!

Commenter_7

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

> How did you start looking into your ADHD?

My spouse mentioned "I think you really have ADD or something" during a frustrating conversation & it really struck a cord. I let her down (yet again) by not following through on something else. Our argument was cyclical & I kept losing track of what we were even talking about, yet again...

At first I rejected the idea on the outside "no, I'm just unorganized! **I'm FINE.**" But the more I read & looked into adult ADHD, the more I realized how likely it is. I'm holding off on a professional opinion only because I'm in the middle of a health insurance change. I could either be paying \$200 for a doctors visit or \$20, which is a big difference for me.

I'm honestly a little scared of getting a diagnosis & being immediately prescribed something I don't want to take. I hardly take ibuprofen even because my body doesn't react nicely to things.

It wouldn't hurt to know one way or the other. Like others are saying, it might explain a lot of other issues you didn't know were related (like impulse spending! or piles of papers/clutter!). Best of luck to you!

Commenter_16

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

I had been diagnosed since I was a kid.

What got me to look back into ADHD and treatment was a mixture of informing me once again and realizing that all the executive function lacks were a thing going on *and* getting problems at unfamiliar/stressful kinds of work.

I had to proofread and work in corrections a lot.

After having read a list five times to find a point I knew was on there and not seeing it, I was pretty sure my ADHD was causing additional problems.

Commenter_16

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

What I probably want to add:

It doesn't hurt getting evaluated. Maybe nothing comes out of it. Then that is great. Maybe something comes out of it. Great as well. If you are happy with things as they are, you may leave them but you know you have something to cycle back to if life and the ADHD acts up. Or you can go and look at options and treatments.

Just don't match diagnosis with a must for treatment

Commenter_4

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

You're not a slow learner. You probably just learning better when you're not under pressure, have better focus when using videos/text compared to a professor shouting shit across the room at you, can go at your own pace which makes it easier to practice what you've just learned, etc. Also don't ever fucking compare yourself to others, you only can from here on out compare yourself to your past self. See how far you've come from then. That's the only thing you're allowed to compare yourself to now

Commenter_17

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

My therapist about 10 years ago suspected I had ADHD. So I went to my HMO to get a screening, and they said no, not enough to require medication. So I thought that, well I just dont have ADHD i'm just messed up from my upbringing, and continued therapy.

Cue 10 years later of working and grinding life out.

Then 2020 ripped that idea apart. I definitely have ADHD, it just requires an immense amount of stress/loss-of-structure to make it evident and a problem.

Although it was always there in the last 10 years of working professionally. I was just really good at getting things done that no one really noticed, but it did affect relationships, consistency etc.,.

Def work with a psychologist to get an ADHD screening, and a therapist. Sucks that the interview sucked, but whatever it was a speed bump that helped you realize that you have something loose in your "car" (aka your mind).

Commenter_18

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

If it was illegal, you can report it on these scums