

title: **How to be productive as a programmer with ADHD**

num\_comments: 5

num\_up\_votes: 12

upvote\_ratio: 0.94

#### Post Text ####

#### Comments ####

##### Commenter\_2

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

I'm approving this post with a contingency. Please report this if you think this is spam.

Also, what do you think about self posts like this?

##### OP

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

Thanks! I have no intention to spam the sub. If it's an issue, please do let me know.

##### Unknown\_User

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

Much better than Pomodoro Timer tomatoes are the large Up/Down kitchen timers for about \$5 on Ebay (used to be closer the \$3 before). I prefer the ones with AAA batteries which I recharge, the smaller timers have coin cells which don't exist as rechargeable.

The beeping is much better than a Pomodoro ding and measuring time going forward is an immensely motivating feature for ADHD sufferers: the "x minutes done, going strong" creates more motivation than the negative "x more to go".

##### OP

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

That's really interesting. I have never heard of that method but I can imagine its much better since its also a physical object that will demand your attention when it goes off.

##### Unknown\_User

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

My 9 and 7 year old kids use these timers to great effect: earned x minutes of iPad time (downcount) or doing a "minimum of x minutes open-end homework" such as reading. Occasionally we gamify how fast they get some essential task done, so their showering to get clean doesn't turn into hour-long water play.

An Up-Timer is also good for just getting going for adults as proof that you haven't hyper-focused too much and not much time wasted for no results.