

## **Notes from April 3, 2024**

### **Why are there so many successful people with ADHD?**

*Spontaneity*

*Intuition*

*Hyperfocus*

*Others focus*

*Passionate about a thing and following it*

*Curiosity*

*Bring energy to projects, things we care about*

*Determination*

*Planning backwards*

*Faith*

*Our ability to see “neurodivergencies in a group” (like a classroom) and knowing how to talk on individual level even in a group*

*Our ability to see abilities and hone in on those → see from their perspective, “feel” it, comes from shared similar experiences and from being in relationship*

*Our openness and comfort with differences and diversity*

### **INDIVIDUALS WE FOUND ONLINE**

Zach Wilson (New York Jets)

Will.i.am

**Will Smith**

Trevor Noah

Terry Bradshaw

Solange Knowles

**Simone Biles** (most decorated American gymnast ever)

*She has a support system – what might that look like; Kudos for recognizing that she needed a break*

Scott Kelly (astronaut)

**Ryan Gosling**

Rory Bremner (b 1955 comedian)

**Robin Williams**

Richard Branson (b 1950, business magnate, billionaire)

**Renee Rapp** (Mean Girls on Broadway)

**Michael Phelps** (b 1985, swimmer)

**Michael Jordan**

Mark Ruffalo (actor, ADHD, dyslexia and depression (undiagnosed during childhood))

Lisa Ling

**Leonardo Da Vinci** (b 1452)

**Justin Timberlake** (b 1981, singer – also OCD)

Johnny Depp

John F Kennedy (b 1917)

**Jim Carrey** (comedian, actor)

**Jim Belushi**

Jamie Oliver (b 1975 celebrity chef)

James Carville (political strategist)

Howie Mandel

**Greta Gerwig** (director, screenwriter, actress; directed Lady Bird, Little Women, Barbie)

**Emma Watson** (Hermione in Harry Potter movies and UN Goodwill Ambassador)

Dr. Raven Baxter

**Dave Grohl** of the Foo Fighters

Daniel Roher

**Daniel Kwan** (co-director Everything Everywhere All at Once)

Busy Philipps

**Brittany Spears** (ADHD)

Bill Gates (b 1955, Microsoft)

**Barry Keoghan** (Irish actor → Saltburn)

*Barbie – unrealistic expectations; okay to be who we are;*

**Albert Einstein**

Adam Levine

*What can we learn from observing them?*

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**What about working and befriending others with ADHD/Autism? Struggles? Tips?**

Especially undiagnosed

Seeing the symptoms and not being able to call them out or offer solutions

Not wanting to hurt others' feelings

*Didn't really get to this*

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**Other wins for individuals in our group:**

Knowing and being able to advocate for our children (vigilant, aware)

Things to cover on 4/10 perhaps:

Work-life balance

Work relationships with other ADHDers

How to stick with something long enough to find success in chosen field (imposter syndrome)

## **Imposter Syndrome**

Connection to not being able to do/finish our pet projects

Initial excitement

Nitty gritty → run out of gas

Doubt enters at some point

Abandon the project

(Executive Functions)

Role of focus/sustained attention

Role of brain chemistry

Role of our inability to remember our successes; tendency to devalue our work

Role of planning (breaking it down; NOT minimize preparation as a part of the project or task; celebrate doing the pieces)

Goblin tools (planning)

Role of time as the stumbling block → “don’t have enough time;” “wait for just the right time” → now/not now; celebrate doing the little things in “time” too

“Dress Up” tedious things to maintain interest using things like: gamification, anything that makes it fun, rewards; incorporating ChatGPT (or other AI tools); body doubling

Seeing how these same factors impact us at work and contribute to “imposter syndrome”

Difficulty transitioning from task to task

Can FEEL like it’s a whole LOT

Keeps us from doing the “extra” fun stuff for self

Role of overwhelm – start immediately and then get overwhelmed so stop; put it off and then it’s a lot, get overwhelmed

Even breaking things down can feel overwhelming (goblin tools planning AI)

Role of our focus on others → people-pleasing; more “interested” in doing for others because we find them more interesting, think of them as more “talented, smart, expert;” spending time “wisely” if doing for others

And the impact of our having been compared to others → why can’t you do the thing like other person)? Do we put others on a pedestal? Trying to do things the way others do them (neurotypical way)?

Role of our efforts to adapt to “fit in,” please others

So many telling us, advising us → leads to second guessing self, imposter syndrome

Urgency – interesting to the brain; chaos and success in chaos reinforcing the behavior

*The healing that happens when we successfully advocate for our children living with ADHD; the hope it gives us when we can do that believing that their future will be different than our past(s) have been*

*How this healing can help us avoid imposter syndrome in a future situation?*

*Yes! Working from the place of previous expectations of how we should show up, now we don't have to because we're not looking to others for the "right way" – we can have the confidence to do it our way*

*Imposter syndrome is very lonely – there is shame in the process of doing things at the last minute and getting away with it – makes it even more lonely, leave us more "alone;"*

*An antidote to that shame is the compassion that arises from our knowing about our ADHD*

*DON'T SHOULD ON YOURSELF – sign somewhere – GREAT saying!*

*AND!!*

*Employers can and will take advantage of our traits like brainstorming, hyperfocus – necessary to educate supervisors, managers to offer support and understand how we work, how we contribute and how to keep us healthy in those settings*

*Links between imposter syndrome, burnout, and self-sabotage*

*Getting pulled into the drama; we're 'easy to talk to' so are we adding to the drama, helping to create the drama, chaos?*

*Brain always going, so hungry, looking for meaning and what's behind things – also feeds these...*

*We know that chaos doesn't serve us, so how to keep from contributing to or creating the chaos?*

*Self-care; value one's time, energy*

*What to do when miss the excitement? Dopamine-chasing?*

*Talk to someone*

*Exercise, yoga*

*Movies*

*Try something new!*

*At work? Avoiding the expenditure of energy, time can create a sense of being ostracized, left out, comradery*

*Notice the absence of something and source it elsewhere?*

*Can feel a little like an addiction; can certainly abuse/misuse things*

*Interpersonal “detachment” - how to succeed in not getting swallowed up by others, others “crazy;”*

*Healthy boundaries – necessary, how to?*

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*FUTURE TOPIC – how people have found healthy or improved romantic relationships when you are so used to chasing the chaos or being in drama*

*Reframing the boredom*

*Self-compassion*

*NEXT WEEK – Working with others living with ADHD-wired brains (diagnosed or undiagnosed) and setting boundaries*