

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 Gossling

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?

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

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?

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