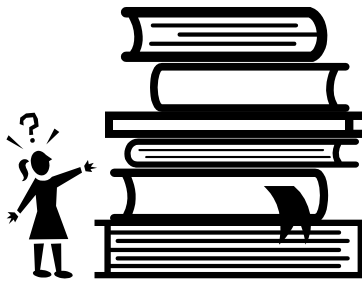
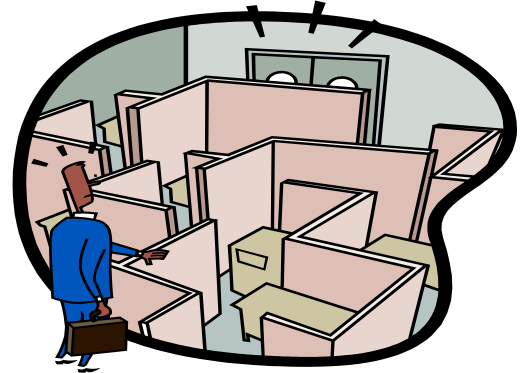


# WHAT'S IT LIKE TO HAVE ADD?



The most important part of being successful in dealing with any ADD/ADHD person is to develop a real “feel” for the disorder. Ask yourself, “What’s it like to have ADD?” Most of all, remember that it is a neuro-biological condition (an imbalance in brain chemistry) that feels like.....

- Continuous, or, on-and-off involuntary physical restlessness
- Attention is involuntarily and frequently distracted
- The harder you try - to think, remember, get going - the worse it gets
- Emotions, both positive & negative, get out-of-control often
- Your sense of time, timing, the passage of time, the future are distorted
- It is exceedingly difficult to wait
- Your mind wanders-off or tunes-out frequently
- Feelings of overwhelm (mental & emotional) happen often
- Losing, misplacing and forgetting things is a big problem
- You can't recall things you just learned or things you know that you know
- Feeling mentally “blank” happens at the darndest times
- Others say you are sloppy or disorganized, even though you try hard not to be
- Things just seem to “slip” out of your mouth before you realize it
- Stopping to think something through before acting is not one of your strengths
- Often feeling very tired, sometimes for no apparent reason
- You often think of yourself as “different”, not fitting in, the “odd-one-out”

- Facing consequences is very, very difficult; you'll do almost anything to avoid it
- Your "body-clock" seem off; up till late; not a morning-person
- Others often see you as immature, annoying, too-loud

## Now here's the **DILEMMA**:

You're bright and intelligent.

You don't do these things, above, **ALL-THE-TIME**, just often.

This makes no sense to some people.

So, they figure you do what you do **ON PURPOSE**.

They'll say that you "chose" to act the way you do.

## And the **WORST** part of all:

Those same people then treat you as if you're a "bad" person. They avoid you. They label you (lazy, irresponsible, unmotivated). If that person happens to be an educator, physician, or other professional, they'll find more sophisticated labels (unteachable, untreatable, manipulative, just to mention a few).

This is why we say that ADD/ADHD is a "hidden" disorder. We look like we're "OK". We seem "capable". We really want to do well. But our symptoms get in the way of daily functioning.

By

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