Twitter Thread by adhd-angsty

adhd-angsty
@AdhdAngsty

Btw, if you're an ADHDer, your "productivity" will fluctuate. You'll have low output phases and hyperfocusy binges when you get 1000 things done. This isn't you failing and succeeding- your brain just doesn't function in the linear way you've been taught it should.

The world is designed around people that work in a straightforward and predictable way. ADHDer's energy and attention jumps around and we often complete things in a circular fashion. This is seen negatively through a neurotypical lens, but is really just a cognitive difference.

When forced to try and produce in a step-by-step, same each time way, we often get stuck. We get anxious, we start procrastinating. Because that's not how we WORK. We're driven by interest, emotion, and urgency, not tasks, responsibility and completion.

So, please don't beat yourself up over your productivity. It's so hard to flourish in a world not designed for us, in a social system that prioritises and rewards uniform output. Your worth is not defined by your output, and your fluctuations don't make you a bad person.

Capitalism LOVES neurotypical culture, bc it's compatible with the (false) belief that everyone should be able to produce the same amount, through the same process, the same way each time. In reality we all fluctuate, ADHDers just more than others. We are human, not machinery.