

# *The Blocked Road at the ADHD Intersection*

## *By Bryan Hutchinson*

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This article is specifically for those who have been, or, are still on a road that seems blocked.

Have you ever been so frustrated because no matter what you try, no matter what you do or how much you want something, there's just nothing in the world that seems to work? You cannot get past a certain point. Doesn't it seem the road is blocked? Actually, I believe the road is blocked, indeed.

Have you ever felt like you are traveling through life with the emergency brake on? In other words no matter how hard you press on the accelerator or how fast you may be going, it just doesn't seem like you are getting anywhere. It doesn't have to do with accomplishments or successes, it just seems like everything and anything either doesn't live up to expectations or just never touches the right buttons. We move on, backwards, forwards, ever striving and creating, but not sure why, for what, or for that matter, for who. However, giving up is out of the

question, even when at times we believe we have finally done all that we can do and there's nothing left to give.

It's the ADHD roadblock, that's what I have come to call it.

Have you ever started something and never finished it and then moved on to something else only to leave that unfinished as well? And then, out of nowhere your mind catches onto something and you just can't let go of it? We are either hyper-focused or scattered. Even hyper-focusing lasts only so long until we become disinterested again and move on to something else. Why do we do that? It's a part of ADHD, true enough, but you'd think that after some time we would gain control over that. We are jacks of all things, but masters of nothing. We'd like to take pride in that, but really, no one truly does (or do we?).

The ADHD roadblock can keep us from reaching our true potential.

*Isn't that frustrating?*

Some solutions to consider:

1. Ask a friend to help or seek a mentor or coach.
2. We can work to improve our strengths, but it's important to realize we do not have to be perfect.
3. Join a local support group. Talking about such difficulties can be therapeutic. Perhaps join an ADHD specific social network, such as our [ADDer World ADHD social network](#).
4. Start a daily journal. [Keep daily notes](#) on what you did well and accomplished today, no matter how trivial they may seem.
5. If you haven't already, seek out a professional. Visiting a specialist with regard to treating ADHD is essential. Diagnosed ADHD is

difficult and complex enough, but undiagnosed ADHD can be devastating. If you suspect, please don't hesitate.

One more: Pass on ideas that work for you to others. I have found that helping others can be extremely rewarding and therapeutic as well.

~Bryan

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