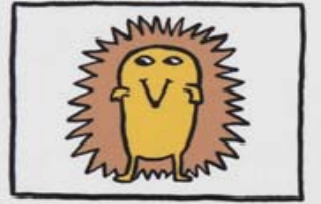


ADHD

The RANDOM HEDGEHOG



As soon as I start thinking
That I'm sensible and SANE
The Random Hedgehog comes along
And fiddles with my BRAIN

EDWARD PROBERTON

Useful information....

Is about having broken filters on your perception.

For most people, a mental secretary sorts 99% irrelevant rubbish and deletes it before you are consciously aware of it; leaving a huge clean whiteboard to hold and organise useful information.

ADHD: every single thing that comes in the front door gets written directly onto the whiteboard, no matter what it is and no matter what has to be erased in order for it to fit.

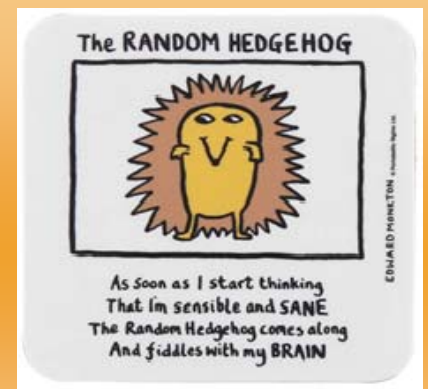


It's like living in a soft rain of post-it notes - the one falling right now takes attention away from the one we were originally looking at

... and this happens all day, every day.



ADHD



Time and effort is required to get it sorted ... regularly

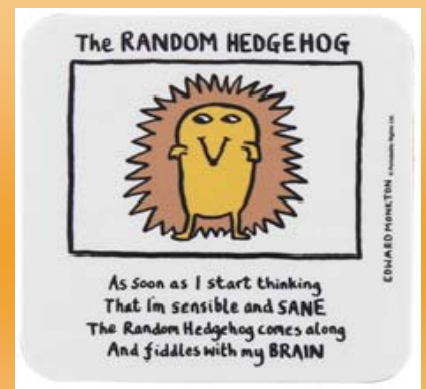
“We have to manually examine each thought, check for relevance and try desperately to remember what the thing was we were thinking about before the new thought came along”.



On the other hand, we're extremely good at working out the context of random remarks, as we're effectively doing that all the time anyway.



ADHD



Routine is very important. It's more difficult to get distracted from a sufficiently ingrained habit.

There are diminishing returns when trying to concentrate on non-interactive tasks ... e.g. putting a big block of numbers onto a spreadsheet. It requires exponentially more effort each minute for less and less result. It's like holding something heavy for an extended length of time.



However, the opposite of all this is:

H Y P E R F O C U S

Occasionally when something clicks, we can get deeply drawn into it, so that nothing can distract us.

Medication can take the edge off it. It reduces input. It tones down the fluster. It makes it easier to ignore the trivial stuff and it increases maximum focus-time - but it can have negative side-effects and can reduce appetite.

