

Adults with ADDADHD (Anchorage)



Location **Alaska**
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Living with ADD/ADHD can have it's benefits, but also downsides. I wasn't diagnosed until I was an adult, but had the same issues/gifts as a kid, but was never brought up. I didn't want to, because I thought only weird kids had it, but also didn't like the idea of being medicated. Honestly, I think the popular/social/jocks types are more likely to be ADD than those "weird kids". Well I'm afraid that stigma has stuck in the head of the folks now being diagnosed "Adult ADD/ADHD" and aren't comfortable enough to open up socially or even with close friends about whatever is going on.

These are some of the questions and topics I struggle with personally:

Do keep this to myself Will they judge me? Am I mis-diagnosed? I'm worried my kids will have the same issues, do I medicate them? Meds or no meds? Use meds as prescribed? Am I hooked on the meds?











There's many more of those inner battles I've fought, and still fight, but those are the ones I consider serious and possibly life altering.

4%-6% of the population is believed to be ADD/ADHD(8-9 million adults), and if your kids are diagnosed, you have a 30%-40% chance you are to. Lots of things I did and didn't do as a kid and young adult made a lot more sense once I educated myself on the subject.

I find myself depressed sometimes and not understood a lot of the time. I'd like to see who's out there and willing to talk/meet openly or anonymously about anything we need to talk about.

Appreciate your time... wait, what was I talking about? Oh well, did you see the crazies in Rants and Raves, they're all over the place...

:)Yep, I know you know what I'm talking about.

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