

Forum:[Hack Forums](#)

Thread: [How Do I hack ADHD](#)

disrespect - April 2, 2024, 11:58 am

I am completely shut and I have tried a lot of things that are never working for me. I have not been progressive for the last 4 years and I am constantly distracted. please help this will end me

SIM-3749878 - April 2, 2024, 12:53 pm

Are you taking medication for your condition? I do not normally promote medication/drugs, I have a friend with ADHD which hinders his life but he has never ever taken medication because of his principles and he has a working life although with some challenges. You however seem more severely impaired. Maybe you actually need medication? And if you are taking medication and it is not helping - maybe your ADHD-diagnosis was incorrect and you do not need medication? Remember that a very large percentage the last decades were incorrectly diagnosed with ADHD when in reality they just consumed too much sugar.

Eran - April 2, 2024, 1:06 pm

Try going on a few months dopamine detox.

LEGENDAVIE - April 2, 2024, 2:52 pm

Dopamine detox sounds like a good idea, but I would also suggest medication, addy makes me focus like nothing else.

diablospartan - April 3, 2024, 10:02 am

Well i am not qualified to give you advice as i dont know to much but i think you should also speak with a specialized person like a therapist who knows something about adhd or a psychological doctor etc

gwiz - April 3, 2024, 11:44 am

Dopamine detox? Never heard of that.

OP, I have ADHD terribly bad, I feel for you. The best I could suggest is medication like Modafinil or Dexedrine, Vyvance is decent too, Adderall helps but feels a bit more dirty, those were really the only things that ever helped me but I don't take them anymore. However, I've started taking Kratom and it has helped motivate me, and I've gotten a LOT done this past month since I've started taking it daily, I don't suggest daily use though as tolerance build quickly and it can form a bit of a dependency, but that's nothing new to me and I personally can handle it, younger people may have a trouble with limiting use though.

I wish you well.

Mr. Corleone - April 3, 2024, 11:55 am

People are recommending dopamine detox because it works somewhat. There is some truth there. But the thing that will fix your ADHD is to abandon all mainstream thoughts of living, and the ways people told you

'you should live and feel and think'. Lean into your ADHD: Fucking feel it and own it. Find a way to live by harnessing it. Not blocking it.

You can live adventurous and FREE everyday instead of fucking depressed and trying to chain yourself to fit in society

and tryna make things work with a hobby or job just because you see everyone else do it.

Wilmer - April 12, 2024, 12:24 am

As someone who is also diagnosed with ADHD I'd say lean into all the holistic solutions first. Medication especially narcotics can be damaging to your overall health and heart long term. Here's an easy checklist to get started.

- No porn or visual stimulus if you pleasure yourself.
- No tiktok or other mind numbing instant dopamine social media.
- Clean up your diet. Whole foods. If it doesn't look like it came from the earth and instead came from a lab then don't eat it or minimize it as much as possible.
- Limit TV/Video games heavily. Instead train yourself to read and imagine again.
- Sleep 7-8 hours a night. Bad sleep destroys focus.
- Exercise every day. Don't have to lift weights every day but hop on the incline treadmill or walk around the block. Start working for your dopamine and not getting it for free.
- Sufficient water intake, no soda or any of that other sugary bullshit.
- Supplements. I'd start with a daily multivitamin and fish oil. Fish oil works wonders for the brain in my experience.

All of this is not a cure by any means but will drastically improve your condition. Hope some of it helps. Sorry if I forgot anything.

Momentem - April 13, 2024, 9:08 pm

Identify and minimize distractions in your environment. This could mean using noise-canceling headphones, blocking distracting websites, or finding a quiet workspace.

Lil Buddy - April 14, 2024, 9:52 am

(Apr 13, 2024 09:08 PM)Momentem Wrote: [\[CITE\]](#) Identify and minimize distractions in your environment. This could mean using noise-canceling headphones, blocking distracting websites, or finding a quiet workspace.

I wish i could do this as i have Asperger's and everything is distracting to me as i live with others. Its seems as though i cannot get anything done as i have anxiety aswell and always have to worry about someone knocking on my door and bothering me. Only time i ever got work done efficiently and felt comfortable was when i was living alone with my phone turned off.

Momentem - April 14, 2024, 3:22 pm

(Apr 14, 2024 09:52 AM)Lil Buddy Wrote: [\[CITE\]](#) I wish i could do this as i have Asperger's and everything is distracting to me as i live with others. Its seems as though i cannot get anything done as i have anxiety aswell and always have to worry about someone knocking on my door and bothering me. Only time i ever got work done efficiently and felt comfortable was when i was living alone with my phone turned off.

Might want to find a thing to replace said distractions. Maybe a mental/physical note. Like for instance on urges. You know what you do when you're distracted so simply place a note on top of said distractions while you're focused on your main task ? Just my own thoughts on that !

MyHighness - April 21, 2024, 10:24 am

You could use a timer, it helps a lot.

thisooshallpass - May 4, 2024, 6:56 pm

does dopamine works?