

Decisions, Decisions, Decisions

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ADHD is a disorder that affects the decision making abilities of millions of people.

It doesn't always make us make the wrong decisions, though sometimes that happens. It doesn't always make us stress out over decision making situations, though that happens lots too.

And it doesn't always freeze our minds in a state that leaves us unable to make a decision at all, making us look like the supreme procrastinators that we can sometimes be. It doesn't always do that, but sometimes it does.

It doesn't add up ...

And if you take the times that we make the wrong decisions, and the times that making decisions cause us stress that affects other parts of our lives, and the times that we just freeze up and become unable to make a decision whatsoever, then you've got what adds up to being a problem.

Now, before the nay sayers start in on how this is all just normal and that's not ADHD, etc., etc., let me just assure you that firstly, this is not all there is to ADHD. And secondly, this may be normal in content, but it is not normal in extent. We're not talking about this sometimes happening, we're talking about a frequency that causes issues and stress. And if you're going to tell me that that's normal, I'm going to tell you that you need to talk to someone about your own life.

And now it's time for an analogy or two

The part of the brain that is letting us down mostly here is the frontal lobe. And the reason it's letting us down is because of issues in quantities of chemicals and using those chemicals.

Synaptic firing in this area of the brain is sluggish, and messy. When I say messy, don't think missing targets and collateral damage and stuff like that, think of a synapse as a sparkplug that's tuned perfectly, but the rotor is dirty, so the jolt that gets sent to it is not neat and tight. The electricity gets to the sparkplug all spread out and makes a mess like what happens to the toothpaste when it has an air bubble in it.

This is getting messy

So instead of a nice, clean, sudden, sharp spark, you get something that's way more like static.

People who make decisions quickly and concisely after listening to the information attentively, those are the people whose synapses are firing nice and cleanly. When they make decisions quickly, they aren't making them in haste, if you know what I mean.



Yep, ya got a dirty rotor there ...

Here in my world

When I make a decision quickly, it's usually because I realize I'm struggling, I get embarrassed that I look like I'm indecisive, and then I ask myself "Which choice seems the least likely to be what people would expect me to make?" Usually that's the one I go with.

Then I turn my wicked brain power toward something I'm actually good at, justifying my bad decision.

I've been doing it for a long time.