

ADHD



| Part II: Adults & ADHD

■ by Dr. Janet Irvine, Clinical Psychologist

By definition, the symptoms of Attention Deficit Hyperactivity Disorder exist from early childhood throughout adulthood. While many of the hyperactive symptoms “wear themselves out” over time, most adults continue to complain that their minds race, concentration is poor, attention to details and picking up relational cues can be difficult. Often ADHD adolescents and adults are at high risk for substance abuse, poor job performance, financial problems, and difficulties with relationships.

However, many have found ways to put their high energy, creativity and drive into highly successful careers and enjoyable, purposeful lives. Many ADHD adults have found gratifying careers using their ability to think on their feet, multi-task and act quickly and creatively. I’ve met highly successful ADHD surgeons, firefighters, FBI agents, entrepreneurs, managers, lawyers, and contractors. The list goes on and on.

An earth-changing example of a person whose ADHD was transformed into a world-changing force was Christ’s apostle Peter. Peter was known for his impulsive, thoughtless comments, high reactivity, and short fuse. Jumping the gun, making promises he could not keep, and lopping the ear off a bystander all reveal a man who was often lacking in forethought. Yet Jesus never gave up on him; in fact he bequeathed on him great responsibility and affirmation. And Peter himself was one of the first to fearlessly run to the open grave of the resurrected Jesus! Peter was transformed into a person of relentless, fearless and zealous missionary work. While Peter might have been a natural candidate for leaving massive writings about his life with Jesus, such a task was not for him. He wrote only two short books, but he preferred to be off and running! He chose to live an energetic and hard-driven life as Christ transformed his ADHD characteristics into qualities that served to spread of the Kingdom of God.

As we all grow in Christ, He transforms negatives into positives. Presenting ourselves to Christ as willing servants is the first step. Prayers might be brief (naturally!!) but God can take any open heart and change it for His purposes.

Consider some of these tried and true tips for those with ADHD:

- Develop a strong support group of families, friends and church members to encourage and help.
- Seek structure and time management materials to set goals and manage life tasks. Write things down! Get a planner! Find someone who is an organizer to help keep you on task.
- Consider medication (really).
- Use psychotherapy (professional counseling) to help in developing a better sense of self and assisting in developing and following life goals.

Above all, have faith that God uses all of us, despite our quirks, since “He can do more than we can ask for or imagine.”

Good website: <http://www.ncpamd.com/adhd.htm>
Google: 50 Great things About ADHD

All past newsletters/articles can be viewed on our website.
<http://www.chicagochristiancounseling.org/newsletters.html>



“Impulsive Pete”



Janet Irvine enjoys working with children and families in our Orland Park location.

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www.chicagochristiancounseling.org

800.361.6880 | info@chicagochristiancounseling.org

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