

Part One: ADHD and Overthinking – Understanding the Connection

ADHD (Attention-Deficit/Hyperactivity Disorder) can make decision-making feel like navigating a maze. Overthinking often plays a big role but understanding why it happens and how it affects you is the first step toward managing it. Here's a deeper look at some psychoeducation and reflective questions to help you build awareness and take control.

1. ADHD and Decision-Making

ADHD affects executive functioning, which includes skills like planning, prioritising, and making decisions. This can lead to overthinking because:

- **Filtering Information:** It's harder to focus on what's important and ignore what's not.
- **Fear of Mistakes:** You might worry about making the “wrong” choice, which can freeze you in indecision.

Remember: Many adults with ADHD face similar challenges. You're not alone, and there are ways to work through this.

2. The Role of Overthinking

Overthinking is often a way to avoid regret or mistakes, but it can backfire by causing:

- **Paralysis:** Getting stuck in endless analysis without taking action.
 - **Increased Anxiety:** The more you overthink, the more stressed you might feel.
Common Drivers: Perfectionism, fear of failure, or worrying about others' opinions can fuel overthinking.
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3. The Impact of Indecisiveness

Prolonged indecision can lead to:

- **Stress:** Feeling overwhelmed by the pressure to decide.
- **Missed Opportunities:** Delaying decisions can mean missing out on chances.

- **Self-Doubt:** It can make you feel inadequate or stuck.
Good News: Decision-making is a skill you can improve with practice and the right strategies.
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Questions to Reflect On

These questions can help you uncover what's behind your indecisiveness and guide your self-awareness:

Emotional Drivers

- What emotions come up when you're faced with a decision? (e.g., anxiety, fear, frustration)
- Do you worry about what others might think of your choice?
- What's the worst-case scenario you imagine if you make the "wrong" decision?

Example: If you're deciding whether to take a new job, you might feel anxious about failing or worried about what your family will think.

Patterns and Triggers

- Are there specific types of decisions that feel harder for you? (e.g., big life choices vs. everyday ones)
- Do you notice any patterns in when or why you overthink? (e.g., when you're tired or stressed)
- How does your ADHD (e.g., distractibility, impulsivity) influence your decision-making process?

Example: You might find it harder to decide when you're overwhelmed by too many options or distracted by other tasks.

Self-Perception

- How do you view yourself when you're unable to make a decision? (e.g., "I'm indecisive" or "I'm not good enough")
- Do you feel pressure to be perfect or avoid mistakes?

- What would it feel like to give yourself permission to make “good enough” decisions?

Example: Instead of aiming for the “perfect” decision, you might remind yourself that most choices don’t need to be perfect—they just need to be good enough.

Key Takeaway

Overthinking and indecision are common for ADHDers, but they don’t have to control your life. By understanding the roots of these challenges and reflecting on your patterns, you can start to develop strategies to make decisions with more confidence and less stress.