

Are You Struggling with Self-Sabotage?

Did you know that having ADHD can make you more successful?

Having ADHD doesn't have to be a hindrance in the professional world. It can give you an advantage over neurotypicals.

The barriers likely keeping people with ADHD from reaching higher levels of success are often self-induced. Self-sabotage is a problem within the ADHD community, but it doesn't have to be!

How do you know if you are self-sabotaging? How do you stop it? Keep reading to learn how to identify and fight damaging behaviors.

Self-Sabotage and ADHD

Self-sabotage can be defined as conscious or unconscious behaviors and thought patterns that hold you back from attaining what you want. [Self-sabotage](#) can look like many things, but it's usually connected to some form of negative self-talk or belief.

For example, say you found an app that helps you manage your time. It's a little expensive for the premium version, but you can afford it.

You start managing your time better, your self-esteem gets a boost, and some of your other symptoms also start becoming more manageable. But then, you get a voice in your head that might say something like,

"I am financially privileged, so I can use this app, but if people less privileged than me can manage their symptoms, shouldn't I be able to as well?"

So, you ditch the app. This self-talk is damaging. The internal critic can lower our self-worth and hold us back. Wondering how to stay positive? Remember that there are no limits to how successful someone can become with a diagnosis of ADHD.

Having ADHD may just be a benefit.

ADHD as a Superpower for Professional Adults

Some of the most successful people in the world have ADHD. People like Bill Gates, Jim Carrey, and Walt Disney. Individuals with ADHD make exceptional doctors, lawyers, and CEOs.

Sometimes better CEOs than neurotypicals. Unlike the structured primary school system, the CEOs world is chaotic. Someone with ADHD can mentally be in several places at once. Jumping from one project to the next is not an issue it stimulates creativity and creates a continuum of new perspectives and ideas.

They can see everything being thrown at them from multiple angles at once. Not to mention high energy and hyper-focus generate incredible productivity.

How to Stop Self-Sabotaging

The first step to stopping any habit is to identify the habit. What thought patterns and/or behaviors are keeping you from success? Once that is clear, take some time to figure out why you are trying to self-sabotage.

Many successful individuals experience imposter syndrome. Where they are in life does not match their self-worth. So, to feel more comfortable, the person will sabotage their life because, deep down, they don't think they deserve it.

What kind of self-talk goes on in your mind? How does it change when you feel overwhelmed? It can be a tremendous help to seek counseling! There are a plethora of [resources out there](#) from counseling services to management strategies that help you learn how to gain self-esteem. There is no reason to live in a world where you hold yourself back!

Break Your Barriers to Success Today!

Nobody should have to live with the depression and anxiety that come with self-sabotaging behaviors and thought patterns. The 21st century has gifted us with the power and knowledge to access the resources we need to get where we want to be.

Don't let your inner critic convince you that you deserve anything other than the best. Learn how to fight your self-sabotaging tendencies and check out our therapy service for ADHD!