

PILLS DON'T TEACH SKILLS



Sample from Chapter 3 – The Wake Up Call

On my 37th birthday, my wife and I stood outside on a beautiful new deck I had built with my own hands in the back yard of our dream home, or so I thought. Funny, I now understand the saying “a house doesn’t make a home”. To this day I still remember the words exactly as she said them, “I need to leave, I can’t do this any more”. Those words at that time seemed so surreal, and I was numb. I wasn’t numb with pain or hurt as I later discovered, but I was numb with confusion, disorientation and being completely in the dark as to how I had ended up in this situation. ADD had impacted my marriage. There were other issues in my marriage that resulted in its failure as well. However, this is the part of my book where I take the high road. I think it would be easy to list issues and problems that were not my fault in my marriage, however I choose to accept and apologize for my mistakes. I needed to stand up and say “I have ADD” in order to deal with it.

I am a person who has learned and accepted that I am challenged with ADD and it has impacted my life at some point, friends and family negatively. Until I accepted and acknowledged this, I would never be able to work through the challenge. The impact has been apparent with acts of selfishness, being physically and verbally reactive and aggressive. I could not display sympathy or empathy, nor could I feel what it was. I accepted that I was narcissistic, and others viewed me as a narcissist. I believed that this could be limiting me in how others viewed me, related to me or accepted me and in how others viewed me. I had hit that low point in my life, where I was a human being who was not living in reality. Thankfully I was willing to change that. The state that I was in made me incapable of being successful on a long-term basis in a relationship, as a boyfriend, husband, father and friend. This took its toll on me emotionally. I was at the beginning of the end of my marriage with two very young children and I was reeling with confusion and uncertainty. To top it all off, I was living in a community of my wife’s choice and was very unhappy there. I was miserable!



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I now maneuver differently and am excited about the potential for growth in how I maneuver. I can concentrate more when listening by internally questioning others comments which I never did before. I am more empathetic and sympathetic to others by listening, placing myself in their shoes and trying to feel how they feel.

I am open and willing to do things differently, as I feel I have displayed by seeking counseling and coaching. I feel very confident now that my many challenges and the sources of these challenges have been identified and will be worked on continually.

In regards to how this impacted my life, I became a man who arrived in a much better place. I simply had to prepare myself to be a better man, boyfriend, husband, father and friend by participating in home work exercises, listening, learning to be empathetic and sympathetic, getting a medical diagnosis of ADD, taking meds for ADD etc.. My life started to become more in control regarding my thought process, emotions, reactiveness and general conduct as a person through the above noted activities and continued commitment to making myself better.

In this entire process, I became really affected by how I felt about myself. For some reason I never lost confidence deep down inside myself, but I sure suffered in this growing and learning process. I felt like I had been broken down and was being rebuilt.

Soon, I felt like the light at the end of the tunnel was visible. I gained a true sense of confidence, which was gradually replacing narcissism as a false level of confidence and coping. I am proud of how I accepted my issues and dealt with them. I feel like my future as a man, friend, father and husband (with anyone) will be better and successful. I also feel that I still need to work on myself to ensure my future is successful on all these levels.

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A Helpful Tip: Don't be afraid to accept that you have ADD/ADHD and are challenged by it. Accepting this is a powerful step in winning the battle against it.

