

# 9 Truths About ADHD & Intense Emotions



You're not imagining things; ADHD really is linked to more powerful, sudden, and unruly emotions. Learn to understand your feelings — and how to get them under control. By Thomas Brown, Ph.D.

## **TRUTH #1: Intense emotions are a hallmark of ADHD.**

Few doctors factor in emotional challenges when making a diagnosis. Yet recent research reveals that individuals with ADHD have above-average difficulty with frustration, impatience, and excitability.

## **TRUTH #2: Emotional challenges begin in the brain.**

Brain connectivity networks carrying emotional information are constrained and congested in individuals with ADHD.

## **TRUTH #3: Individuals with ADHD can be swept away by a single emotion — fast.**

Hearing uncertainty in a friend's reaction, for example, may lead to an outsized display of self-defense — regardless of the words she said.

## **TRUTH #4: Significant social anxiety is a chronic ADHD difficulty.**

More than one third of teens and adults with ADHD live with an exaggerated fear of being perceived as incompetent, unappealing, or uncool.

## **TRUTH #5: Emotions motivate action.**

Brain imaging studies show that people with ADHD are less able to anticipate pleasure or register satisfaction with tasks that promise delayed rewards — meaning you're more likely to favor instant gratification.

## **TRUTH #6: People with ADHD can suffer from dysthymia, a mild but long-term form of depression.**

It is often brought on by living with the frustrations, failures, negative feedback, and stresses of undiagnosed and/or untreated ADHD.

## **TRUTH #7: The ADHD brain doesn't always distinguish between dangerous threats and minor problems.**

As a result, you may struggle to deal rationally and realistically with events that are stressful but not of grave concern.

## **TRUTH #8: Emotions are tied to memory.**

Memory allows us to plan, monitor, and self-regulate. Many individuals with ADHD, though, have weak working memory — and are often disorganized, quick to anger, or prone to procrastinate as a result.

## **TRUTH #9: Treating the emotional challenges of ADHD requires a multimodal approach.**

ADHD medication may improve the emotional networks in the brain, but supplemental talk therapy is also needed to help a person manage their fear or low self-esteem.

Thomas E. Brown, Ph.D., is a Yale-trained clinical psychologist who specializes in the assessment and treatment of ADHD and related problems in children, teens, and adults.