

Practical Epicurean Therapeutics: Tips on dealing with worry

Post by “Pacatus” of February 22, 2023 at 3:36 PM

[Quote from Kalosyni](#)

being judged as "not good enough"

I would add under this one (and likely with application to others as well) understanding and accepting – and even celebrating – who you are, regardless of where you fall on the “spectrum” or other’s judgments or perceived judgments.

When I discovered late in life (in my mid-to-late 50s) that I have ADHD, it was really a relief: “Oh, that’s what I’ve been struggling with all these years!” I read into some literature about it, and decided to reject the “disability” D. It’s just how my brain works, with advantages and drawbacks just like anyone else – even as it puts me outside the mainstream “normal.”

Similarly with my pronounced introversion (which I’ve always been aware of). I suspect that it influenced my active imagination (even as that often got me into trouble in grade school).

Just the realizations – and contemplating them – was therapeutic, relieving a great deal of **τᾶρᾶχή** in my life (far less struggle than in my young and midlife years).

Being “different” I think has given me a certain sense of empathy for others: each individual is “different” – even when they try to squeeze themselves into this or that box labeled “normalcy” or “acceptability.” That might be the primary “communication skill” that allowed me to function with others in an extroverted world, both socially and in terms of work. (Although, as an introvert, I don’t always “play well with others”. 😊) Even as the ADHD tends to make my communication efforts as non-linear and catawampus as my thinking.

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In reference to @Kalosyni’s suggestion about counseling, I might suggest Codependents Anonymous (CODA) as one possibility, even just reading up on it.