



## BEING NEURODIVERGENT IN ACADEMIA

# Outgrowing self-denial

After hitting rock bottom a few months into a prestigious fellowship, a postdoc recounts how they found their way to ADHD medication, therapy, and better mental health.

JAY K. GOLDBERG\*

Kids most likely grow out of it. That's what the doctors used to say to my mom after I was diagnosed with ADHD in the 1990s. I clung to these words after I started to refuse treatment as a teenager. I wanted to put behind me the years of feeling zombified by my medication and singled out by teachers, healthcare professionals and many of my peers. It would take me nearly 15 years to finally stop being in denial about my diagnosis and reconsider that decision — the end of a mental health journey that, in hindsight, I wish I had started much earlier.

It began with a phone call on an otherwise gloomy Midwest morning in 2020: the National Science Foundation was informing me that my proposal had been successful, and that it wouldn't be long before I'd move to Tucson, Arizona, to start an independent postdoc. I was shocked...ecstatic even. Having my own ideas recognized in such a way pierced the low self-esteem I had accumulated after years of mistakes and failures stemming from untreated ADHD. Still wanting to believe that my diagnosis was a thing of the past, I saw these struggles as proof that I simply wasn't good enough. Now, at last, I had a sign that I may actually deserve to belong in science.

I signed the contract as fast as I could — perhaps too fast, as I would come to understand much later. Eager to start my new project even in the middle of the pandemic, I relocated to Tucson soon after graduation, leaving behind my partner and my friends. I didn't realize then that something else was about to disappear: the haphazard combination of coping mechanisms which I had been unconsciously using to manage my ADHD so far.

Of course, there was still caffeine and the likes, which I had always relied on to help me focus on monotonous tasks. But suddenly there were no opportunities for me to hide my feelings of self-loathing behind the curtains of friendship or socialization. Because of COVID, events where I could have met new people were sparse or non-existent (for good reason!) and I didn't even meet most of my lab mates in person until roughly a year into my postdoc. With my dog and the local lizards as my only company, I became trapped in loneliness and crushing boredom.

Perhaps worse, I lost my most important coping strategy: science, which I stumbled upon when I changed majors to biology during my first year as an undergraduate. Until then I had found it nearly impossible to concentrate on my studies, with more stimulating thoughts grabbing my mind and leading me down curiosity-driven Wikipedia rabbit holes (in the best-case scenario). But biology and, later, research were different. They played nice with my scattered brain, allowing me the creative freedom to find answers by connecting ideas; not to mention the varied activities — field trips, lab experiments, computational analyses and, of course, reading and writing — that kept the days feeling new and exciting.

Due to the COVID-related constraints, however, it would take months before I could start the experiments for my project. Outside the lab, I was trying to learn my way around a new field that neither me nor my advisor had much experience with. The biological problems that fascinated me when writing my proposal suddenly all felt huge and insurmountable. I

\*For correspondence:  
jykgold@arizona.edu

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# Outgrowing Self Deception

**AW Chickering**

## **Outgrowing Self Deception:**

*Outgrowing Self-deception* Gardner Murphy, Morton Leeds, 1975-06-29 The suppression of war has been the primary objective of the United Nations for almost fifty years and stopping a war before it starts is easier than ending a war already underway History however has shown that military interventions and economic sanctions often do more harm than good In Preventive Diplomacy Nobel prize winners top officials and revered thinkers tackle these issues and explore the process of conflict prevention from humanitarian economic and political perspectives This cross disciplinary reader on global politics demonstrates that when new insights and methodologies on public health are applied to the handling of international disasters the change in policy perspective is intriguing even hopeful *Self-deception and Morality* Mike W. Martin, 1986 This book systematically explores the moral issues surrounding self deception While many articles and books have been written on the concept of self deception in recent years Martin's gives much greater emphasis to self deception as a significant topic for both ethical theory and applied ethics Self deception is perplexing from a moral point of view It seems tailor made to camouflage and foster immorality Does all self deception involve some guilt and is it among the most abhorrent evils as some moralists and theologians have charged Or is it only wrong sometimes such as when it has bad consequences Could it on occasion be permissible or even desirable to deceive ourselves just as we are sometimes justified in deceiving other people Are self deceivers perhaps more like innocent victims than perpetrators of deceit and as such deserving of compassion and help Or paradoxically are they best viewed with ambivalence culpable as deceivers and simultaneously innocent as victims of deception From the introduction Martin develops a conception of self deception as the purposeful evasion of acknowledging to oneself truths or one's view of truth He details a systematic framework for understanding the main moral perspectives and traditions concerning self deception that have emerged in western philosophy In so doing he clarifies related concepts like sincerity authenticity honesty hypocrisy weakness of will and self understanding Ranging across traditions both philosophical Kant Kierkegaard and Sartre and non philosophical Freud Eugene O'Neill and Henrik Ibsen Martin shows why self deception is as morally complex as any other major form of behavior The appeal of this book is broad The volume will challenge professional philosophers and psychologists yet it is organized and written to be accessible to students in courses on ethics philosophy of mind and philosophy of literature Martin's numerous literary examples should also interest literary critics *Red Flags in Psychotherapy* Patricia Keith-Spiegel, 2013-10-01 This book delves into risks that can easily bedevil any psychotherapist and what can happen if they are ignored Dramatic storytelling based on actual incidents from the author's experiences as a member of ethics committees and as an ethics teacher and consultant explores actions prompting clients to issue formal complaints Set in the context of an ethics committee meeting over the course of a weekend twelve psychologists face their peers who will stand in judgment Issues include the fallout from losing one's temper with a difficult client a personal disclosure gone terribly wrong a

bartering arrangement that literally falls apart a private life revealed in a most public way a vengeful act that sullies the reputation of an entire department breaking confidentiality when a client threatened harm and the slippery slope to sexual exploitation The stories are absorbing enlightening sometimes shocking and often stranger than fiction Narrative nonfiction puts human faces and emotions on what would otherwise be cursory statistics What led to the formal complaint from both the vantage point of the complainant and the psychologist offers insights not otherwise available unless the dynamics of their private lives leading up to the conflict are revealed An author's commentary and discussion questions follow every story Both new and seasoned practitioners as well as those still in training will find this to be an invaluable resource

### **The**

**Disciplined Heart** Caroline J. Simon, 1997-03-25 Often what passes for love is a product of self deception and wishful thinking Genuine love according to philosopher Caroline J Simon must be based on knowledge of reality and Christianity affirms that reality includes not just who people are but the unfolding story of who God intends them to be Taking the use of narrative seriously The Disciplined Heart draws on works of literature to display a Christian understanding of love in its various forms love of self love of neighbor friendship romantic love and marital love Using instances of love and its counterfeits in novels and short stories by such authors as Flannery O Connor Leo Tolstoy George Eliot and F Scott Fitzgerald Simon constructs an account of love's joys and obligations that both charms and instructs Learned astute and elegantly written The Disciplined Heart is a groundbreaking work at the intersection of theology philosophy and literary analysis

*Personality Assessment via Questionnaires* Alois Angleitner, Jerry S. Wiggins, 2012-12-06 ALOIS ANGLEITNER and JERRY S WIGGINS The personality questionnaire has been with us for more than 60 years It has been and still is the most popular method of personality assessment and it no doubt will continue to be so The method has been sharply criticized since its inception e.g. Allport 1921 Watson 1933 Ellis 1946 Janke 1973 and this criticism is also likely to continue The long standing indifference of test constructors to criticisms of their craft is brought home by noting the similarities between objections raised many years ago and those that are offered today Gynther Green 1982 Within this context one might well ask why a book on personality questionnaires should appear at this time Despite the centrality of the personality questionnaire to personality assessment there are to our knowledge no recent books on the general topic of personality questionnaires There are of course books on specific instruments e.g. Dahlstrom Welsh Dahlstrom 1972 1975 books on interpretation of specific instruments e.g. Comrey 1980 and books on specific issues such as response styles e.g. Block 1965 Although not specifically focused on personality questionnaires Bass and Bergs 1959 Objective Approaches to Personality Assessment dealt with a number of issues that are central to questionnaires

### *Handbook of Personality Psychology* Robert

Hogan, John A. Johnson, Stephen R. Briggs, 1997 The most comprehensive single volume ever published on the subject the Handbook of Personality Psychology is the end all must have reference work for personality psychologists This handbook discusses the development and measurement of personality as well as biological and social determinants dynamic personality

processes the personality's relation to the self and personality in relation to applied psychology Authored by the field's most respected researchers each chapter provides a concise summary of the subject to date Topics include such areas as individual differences stability of personality evolutionary foundations of personality cross cultural perspectives emotion psychological defenses and the connection between personality and health Intended for an advanced audience the Handbook of Personality Psychology will be your foremost resource in this diverse field Chapter topics include Nature of personality psychology Conceptual and measurement issues in personality Developmental issues Biological determinants of personality Social determinants of personality Dynamic personality processes Personality and the self The Five Factor Model Applied psychology **Shrinklits** Maurice Sagoff,1980-01-01 Humorous verse presents capsule versions of the world's outstanding works of fiction poetry and drama **Self and Identity** Daniel Kolak, Raymond Martin,1991 This anthology gathers the most philosophically interesting contemporary writing on core issues about the self identity and the nature of mind

**Psychoenergetic Systems** ,1977 **Phenomenology and Psychological Research** Amedeo Giorgi,1985 This book is both a theoretical justification of a phenomenological and human scientific approach to psychological research and a presentation of findings in the areas of cognitive clinical and social psychology The book is important because it is the most sustained statement to date about a phenomenological approach to psychological research along with original findings to compare with mainstream psychology in crucial areas of psychology cognitive clinical and social psychology Phenomenology and Psychological Research is further clarification of the phenomenological approach to psychological research along with examples of application in four different content areas learning and thinking both examples of alternative approaches to cognitive processes self deception clinical psychology and criminal victimization social psychology As such it gives the reader who is merely curious about the possibilities of phenomenological approaches a good opportunity to evaluate its fruitfulness whereas those who are already sympathetic to the approach will find a greater articulation of the theory behind the procedures Lastly the reader will find in this study an example of a descriptive and qualitative approach to psychological research that claims to meet both phenomenological and human scientific criteria It is one of the first books to make such a claim about psychological research **Ethics** John K. Roth,2005 **Empirical Studies of Psychoanalytical Theories**

Joseph Masling,1983 **The Works of E. P. Roe** ... Edward Payson Roe,1902 **Opening a Chestnut Burr** Edward Payson Roe,1874 **The Ethics of the Christian Life** Theodor Häring,1909 **Ethics** ,1994 **Bulletin of the Menninger Clinic** Menninger Clinic,1976 **Without Prejudice** Israel Zangwill,1896 **Book Review Index** ,1977 Every 3rd issue is a quarterly cumulation **Crisis in Intimacy** Jacquelyn B. Carr,1988

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