

adderall and addiction

Posted by easy - 21 Apr 2021 13:58

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i have recently based on the advice of my therapist, and in consultation with my rabbis doctor and chavarim, started taking Adderall. i have found that this has helped me tremendously with my struggles. One reason could be is that i escape bc i am frustrated and my first thought is i got to escape. maybe Adderall helps me stick around and actually put in the effort instead of running from the hard work. i was wondering if anyone has had similar experiences.

i ma not advocating taking drugs without consultation with your doctor

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Re: adderall and addiction

Posted by Shteeble - 21 Apr 2021 14:18

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[easy wrote on 21 Apr 2021 13:58:](#)

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I can definitely relate. Lust is often a way to just get the dopamine flowing. Addicts are often low on dopamine because of ADHD or the like. How long have you been taking the adderal so far? Glad to hear it's helping.

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Re: adderall and addiction

Posted by easy - 21 Apr 2021 22:49

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1 month still trying to get the dose right.

another question for those out there.

is it possible that getting addicted to something creates and or severally worsens adhd?

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Re: adderall and addiction

Posted by Shteeble - 22 Apr 2021 13:13

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[easy wrote on 21 Apr 2021 22:49:](#)

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another question for those out there.

is it possible that getting addicted to something creates and or severally worsens adhd?

Addiction is one of the symptoms (or results) of ADHD. I believe it is a machlokes in the medical world if something can create ADHD. I think most professionals believe it is a condition you are born with, even if it was only diagnosed in adulthood. As far as whether or not addiction worsens ADHD, I would say that addiction makes life harder, and ADHD makes life harder, so working hand-in-hand they can each make the other feel worse I guess...

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Re: adderall and addiction

Posted by Shteeble - 22 Apr 2021 13:15

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I'm glad that you've been taking the adderall for a full month, and are finding that it helps your struggle. Keep up the good work!

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Re: adderall and addiction

Posted by Neville Longbottom - 22 Apr 2021 16:19

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I find that concerta works better for me.

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Re: adderall and addiction

Posted by easy - 04 May 2021 11:58

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so why isnt this suggested by a therapist when you go see him and talk about addiction.

i have seen three therapist before this one, one of them an addiction "specialist" and none of them have suggested this.

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Re: adderall and addiction

Posted by Shteeble - 05 May 2021 09:17

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[easy wrote on 04 May 2021 11:58:](#)

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Have you been diagnosed with ADHD or something similar? If you have, I would expect that a doctor would recommend medication unless you express a strong adversity to it.

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Re: adderall and addiction

Posted by easy - 19 Jul 2021 00:41

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i was debating posting here or on the quest for 90 days.

bh been clean 29 days it is the second "big" chunk since I've been on Adderall. in the middle i had lots of falls. so its not an automatic solution(like i felt during the first time of about 30 days clean). i got my wife, with the help of our therapist, to talk to my in-laws about putting a password on their computer. bh that's been tremendously helpful. it seems like Adderall gives me the emotional boost to live life and not just be waiting for the next opening for porn. the harder part for me is the M as it isnt connected to a computer and I am always with me. bh i

have managed for now. lets hope this can continue.

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Re: adderall and addiction

Posted by Smokey - 19 Jul 2021 02:10

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[easy wrote on 04 May 2021 11:58:](#)

so why isnt this suggested by a therapist when you go see him and talk about addiction.

i have seen three therapist before this one, one of them an addiction "specialist" and none of them have suggested this.

in ADHD there is no one size fits all, I was only recently diagnosed with sever adhd, bh I finally found a great psychiatrists (on my 4th one!) and a great therapist to help control and manage it but so far no medication seems to work for me, I've tried Adderall, Vyvanse, concerta, Strattera. Ritalin and Focalin and so far no positive results from any, like my psychiatrist told me "its a game of trialing and error and you just have to find the right one that works for you" regarding why nobody mentioned to you Concerta, Adderall is known to be way stronger so if that working decently I wouldn't try out concerta in hopes that it's better, also even with the right medication, you almost will never have that it takes away your adhd completely like antibiotics, the medication with a combination of therapy, and I would highly recommend exercise also-all in tandem will help you channel and control your adhd and help you be the best person of yourself, and of course when you have your adhd under control and you understand yourself your hopefully your fight against lust will be much more manageable, I love connecting with fellow ADHD'ers so keep posting how its going!

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Re: adderall and addiction

Posted by Shmuu - 15 Apr 2022 05:57

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Hi there,

I normally don't post anything but I think I can be of help. Many people say that the Medicine Vyvanse has worked wonders with addiction and that includes this addiction as well. With Adderal it can go either way and in fact many times does both. If one is also taking an SSRI or

anti-convulsant or preferably both, then the focus that someone with attention deficit gets from the Adderall can be a life savor. If a person responds to Vyvanse they will likely experience greater success because it is a smoother drug, longer lasting and better absorbed. If Vyvanse doesn't work then Adderall is worth a try. Adderall releases slightly more dopamine than Vyvanse. Vyvanse works more on norepinephrine (like adderall). Dopamine can make a person hypersexual. Ritalin works mainly on dopamine. On paper, it can make the problem worse. However, Interestingly, I see on this forum someone who responds well to Concerta. If someone responds well to Concerta it is likely that added focus that helping them. In addition, dopamine is more motivating than norepinephrine. Some people need that extra motivation. I will finish off saying I'm not a Dr., but have a lot of experience and knowledge in this area. If Adderall works for you that is great news. Hatzlacha Rabba.

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