Cognitive Ergonomics from the Inside Out® (Cog-Erg for Short)

Understanding ADHD versus Understanding ADHD

When someone says they understand ADHD, how it shows up and its impact on daily life, what they mean is that they understand how it presents. Meaning, they recognize the symptoms…things like distractibility, forgetfulness, impulsivity, or difficulty staying organized. That's surface-level understanding.

They recognize that those with ADHD struggle with planning, organizing, managing time, and making decisions. It doesn't mean they understand executive function mechanisms, causes, or executive function as a system that manifests as behavior.

Understanding ADHD as an executive function impairment is about understanding it as a collection of mind tools (used to solve problems), defining each mind tool, its function/role, and how it interacts and relates to the other mind tools as a system that produces symptomatic behavior.