

Kamden Hainsworth: Living your best ADHD life

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SPEAKERS

Kamden Hainsworth, Katy Weber



Katy Weber 00:00

All right, so why don't you tell me a little bit about your diagnosis? And when you when you received it and kind of what were the moments that led up to you getting that diagnosis in your own life in adulthood?



Kamden Hainsworth 00:14

Sure. Okay. I would say back in October of 2019. So this is right before a pandemic hit. The US was really rampid in China. But right before that happened, I had what I kind of termed my mental breakdown. And it just felt different. Something happened in my brain, something shifted in my body. I had been going through a lot of stress in my business that I was running. And then my brain just said, we're done. I just said, we've we've tried the best that we can, but it's not happening anymore. And I did not know what it was. And I was led to ADHD through an ADHD meme. Of all things, I feel like it was an answer prayer, honestly, because I didn't know what the heck was going on. And I remember sitting at my computer, seeing it very like nonchalantly just pop up in a Google image. And my daughter has ADHD. So I know that I've searched for things like that before, but I was like, Wait a second, why does that resonate with me? And then it brought me to a whole nother page of them. And I was like, oh, man, this is me. This is, you know, this isn't just funny anymore. Like this is actually what might be the reason behind why I'm feeling this

way. So then I went down the rabbit hole. And I, you know, started listening to lots of podcasts, I reached out to as many coaches and specialists that I could, just getting to know them getting to know what they were doing, followed a whole bunch of people on Instagram. And I felt like this really big inclination to share my journey. Because I felt like if I'm going through this, other people must be going through this too. So that's when I started khamsin, ADHD candidate underscore ADHD on Instagram. And it really was just like, put my story out there that if you're feeling like this, at 36 years old, 37 years old, whatever it is, you're not alone. And there might be reasons behind it, you're not losing your mind, you're not going crazy. But to shed some light on it, so I did that. And then I served my Tiktok, December 2019, right before the pandemic hit, it caught some traction. And it's been really amazing. So I actually did nine months, nine months See, to warn a member just eight or nine months before I was actually in the clinicians office. So I saw a nurse practitioner in a psychiatrists office. And that's when I was like, Alright, well, you know, I'm advocating for a whole bunch of adults with ADHD, I should probably get it an official diagnosis. And I did. And I was interested in what medication might help me with. And so I knew that that was also the route to do that. I think I finally felt like I was ready to receive a diagnosis as well. Whereas before, I was just trying to gather puzzle pieces. And for me, it was the right decision. Did I answer your question?



Katy Weber 03:14

Yeah, absolutely. I'm curious. You said your daughter was diagnosed. Usually, that seems to be the next logical step. For a lot of us a child is diagnosed, and then you're hearing you're start to do some research because you want to help your child and then you're like, Oh, my God, this is my brain. Yeah, it's crazy. Right? But that wasn't that didn't happen for you know, how long ago was your daughter diagnosed?



Kamden Hainsworth 03:38

Yeah, so I was an elementary school teacher for a number of years. And then my daughter was diagnosed at three years old, based upon her hyperactivity, extremely, extremely hyperactive. And so when she started preschool, I wanted to I just remembered, like having sweet ADHD kids in my classroom. And I wanted to give her the best leg up that I could. And so that's when we took her in. And the doctor was like, Okay, yeah, thank you. It was very, very evident that she had ADHD. But my oldest is adopted. And so I didn't start to I didn't think like a lot of time. There's right biological age. Makes sense. Because she was adopted, it was just like, everything is new with her. And so I didn't, you know, I didn't go straight to my genetics.



Katy Weber 04:23

Yeah. And and as a teacher, you were a sixth grade teacher. Correct? Right. Yeah, that's when I mean, that's when the diagnoses really start to or the symptoms really start to ramp up. I think a lot of kids I know, looking back at my own experience, it was Middle School, that it all went off a cliff for me. And lots of theories as to why if it was it's hormonal, or if it's sort of structure or expectations, whatever it is, but I think a lot of kids really start to struggle in middle school. And so I'm curious like, did you when you were a teacher, and you said you had ADHD kids in your classroom where they do recognize Did you recognize the girls symptoms as well as the boys symptoms? Because so many of us think, you know, ADHD is hyperactivity being disruptive. And so many girls fall under the radar as a result, because they tend to be daydreamers. Or they tend to be sort of just disorganized, but often can can get by.



Kamden Hainsworth 05:19

Definitely did not recognize it. Yep, I did. I was not well informed at all. Yeah, I, I loved my ADHD years. And but those were the ones that were already diagnosed. And or the ones that I, it was hyperactive, or that they were angry, or I could tell that they were really struggling to focus or things like that. But no, I was completely uninformed. Interesting. Yeah,



Katy Weber 05:45

I just recently, I just recently, hyper focused on my report cards, and I went into my attic and found my baby book and all of my report cards and was going through them just out of curiosity, because I had always kind of remembered getting those comments from teachers, like, you know, not performing up to your potential. And I was, I was in the gifted program from third grade on and was always sort of expecting, I was going to get kicked out at any minute, because my grades were terrible. And I always joke that I was in the gifted under achievers club. And so I actually wanted to go, and like, literally get actual statements from my teachers and do something with them. I'm not sure I have a lot of ideas, but what I want to do with them, but you know, it was, it was it was interesting to me, because like, it's so clear, the signs were there from even from much younger than I would have expected, you know, and in first grade and second grade that my teachers were saying, I was distracted by conversation and, and printing, I was really surprised I was a terrible hand, I had terrible handwriting. And my son who is in the fourth grade, who hasn't been diagnosed, just because, I mean, he has it, it's just, it's just getting the official diagnosis that we have done because of remote learning and, and all the crazy. That's so such a great short, I thank you. It's like trademark that. But like, you know, he really really

struggles with his handwriting. And so I was sort of one of the things that's also on the list is like dyspraxia and, and and that connection. But I didn't even realize I had that issue. But I think the thing that makes me sad as looking back at my report cards is just sort of the, the decline in my grades as I went through middle school. And then by high school, I had given up, you know, I had so many teachers telling me over and over, you can do better, you need to be more consistent, you know, and always saying like, disappointing effort. And so as I'm going through these report cards, I realized, like I just gave up on myself, you know, like, it's actually really sad, you know, a lot of us have grief, and and that moment of grief and resentment when we sort of look back at our life and all of those things that, like how did you know kind of been? What could have been? Yeah. And I just I don't know, I just felt so sad for that, for that high schooler who just like, you know, she just gave up on ourselves. Well, you can



Kamden Hainsworth 08:11

only be told those types of things for so long, having put in your full effort, you know, that all of a sudden, your full effort, you know, isn't going to, you know, bring new results or different results. What is that, quote? The definition of insanity is doing the same thing over and over without getting new different results expecting different



Katy Weber 08:31

result. Yeah, exactly.



Kamden Hainsworth 08:34

Right. And that's a lot of the time with us, as at shears and our kids are running into is that if they don't, if they're not given new tools or new perspective or new, you know, help, then they're just going to keep doing the thing that everyone else is telling them to do, which is just do it work harder. Try more, you know, when you're like, ah, if only, you know, like, no, I really like you telling me that I'm totally underachieving every day of my life. Like, I just love that.



Katy Weber 09:02

I know. Well, and that's the other thing I saw a lot of which was, yeah, like you said, the try harder part, which was like, Why on earth would a child with ADHD want to put more effort into something they love? Just really what's naturally good at? Right. And that Oh, and that's the other thing too, which was like, inconsistent, more consistent effort is

needed. And I'm like, you know, the same way that when I was told I wasn't reaching my potential, I was like, Well, what is my potential? First of all, why is everybody seeing it? And I'm not Can somebody please articulate what this potential that means? We didn't even mean. And so as I was looking over the report cards again, I was like, why is consistency important? You know, like, why, as a teacher, you know, why is a student is consistency, something we value. Interesting, right? Right. And I was sort of like, Is it like a self esteem issue, or is there something or is it just like they want to see all A's? You know, and I think that we just put the value in the wrong place. Yes, exactly. Asian. Yeah,



Kamden Hainsworth 10:00

you're exactly right. One of one of my coaches says that as ADHD years, we are consistently inconsistent, and that we don't make that mean anything about us. Like, at the end of the day, if if we're living the life that is lovely, and his life that we want to create, then really the consistency doesn't matter, you know, unless it's like brushing our teeth or something where we don't want to have cavities. But even with that, if we're willing to take the consequences, and we're willing to take the consequences. And it you're exactly right. It's where we place the emphasis, where, where are the values? And that's something that I actually work with a lot of my clients with, is, are you wanting to be consistent or are you wanting to be organized Are you wanting to be less messy, because you want it or because you think that's what society tells you, a functional adult looks like. And when they start to really internalize that they have power over whatever life is going to be the perfect life for them. Then all the sudden the consequences of ADHD sometimes aren't nearly as heavy or weighty on them anymore. Because they realize they're the boss applesauce. And if they make their rules, they can claim the rules. They can change their roles, they can do whatever they want to create the life of their desires and their dreams. Yes, absolutely. Yeah, I



Katy Weber 11:17

think I feel like I say this all the time, in terms of just my own journey. Like, the biggest thing that has changed for me is my self talk. And and it's the empowerment, it's the sense of empowerment and living your entire life without that fundamental element of self empowerment, because of all the ways in which we sort of felt like everybody got the manual, and we never did, you know, and all of these ways in which we see grit. But always sort of feeling like you bring a sense of confusion to every situation and to so suddenly feel like okay, now I understand how I work. Now I understand how I can advocate for myself and for like, it's just giving myself goosebumps, because I'm just thinking about like how, you know, often I'll just like, I feel like I'm starting over again, in this exciting way. Because just that sense of like anything as possible, you know, this,



Kamden Hainsworth 12:14

you're reminding me of a, I just took a personality test and trying to refine like, what my strengths are and everything, I'm taking lots of them, I am such a lover of knowledge. So I just do all the things I don't really put all my eggs in one basket, I just try to learn myself anyway. I, I hear what you're saying about feeling like you're always adding to the confusion. And my perspective and experience was a little bit different. Whereas I was very good at showing up like a neurotypical showing up, as though I had everything put very well together. And nobody actually knew what was actually going on, including myself. I just knew that it took me a lot more effort, and a lot more stress and a lot more hard work to show up like everyone else. And I want to bring up that personality test because it was really cool. It showed that when I care less about details, spelling errors, leaving out a word, things like that, when I care less about that all of my other leadership qualities went up. They all skyrocketed. So what I saw is that when I put less stress on me having to look like everyone else and pretend like I didn't have ADHD, my leadership skills were actually lower. But then when I just said, You know what, I have ADHD, if I make mistakes, sometimes that's okay. All of a sudden, all of my leadership qualities, my dominance, my influence, my all those types of things just rose to the top. And so yeah, we can live in this world, even sometimes, like forcing ourselves to show up like everyone around us. But what I'm learning about myself is that I am my most authentic self. And I'm actually a lot more helpful to the world when I claim, like, who I am, and all of that. And I'm not saying that I don't want to get more organized, or I don't want to spell better or think I'm not I'm not saying that but it's not weighing on me as like, I am going to be unworthy if I spell something incorrectly. But you know, just like we all make mistakes, so I thought that was kind of interesting, too.



Katy Weber 14:35

Yeah. Oh my goodness, you just brought up so many great points, I mean, masking, which is, you know, a whole other issue too, and sort of the emotional toll of masking and kind of trying, trying hard to show up as a neurotypical and also, that idea that like if I'm doing something that I feel like I need like I should be doing but doesn't come easy. To me, everything else falls by the wayside. Yeah. Which I think is why so many of us struggle in motherhood. Motherhood is something that is sold to us as happiness and wonderful and we should be so grateful, especially if we struggle with infertility or if we struggle with, with miscarriage, I mean, it's one of these things that we need to be so grateful for, and have gratitude for. And so we, we hide all of the struggle. And, and, you know, so I feel like that was one of the hardest times for me in terms of my own depression. And what I now

realize I was misdiagnosed with postpartum depression and postpartum anxiety. And I feel like so many of us, that's, you know, that's what's being treated, not the ADHD. But you know, those moments

 Kamden Hainsworth 15:49

to be diagnosed with those. Nobody diagnosed me with anything. I'm telling you, I was very good at masking.

 Katy Weber 15:54

Yeah, I know, right?

 Kamden Hainsworth 15:55

I would have loved to be diagnosed with anything at that point in my life. Now, I know, what was ADHD, you know, and probably some hormonal things. But yeah, I hear what you're saying. It's not an easy thing. It is a very terrible sign. That's, if there's anything that I'm seeking therapy for, in terms of trauma from my ADHD symptoms, is that period of my life, was when I had three little kids, three and under four and under, yeah, crazy.

 Katy Weber 16:26

Alright, so just to backtrack a little bit, looking back over your life, what are some things either in your childhood or even early adulthood that you look back and you think, Oh, of course, of course, the signs were there, that was ADHD.

 Kamden Hainsworth 16:39

I think like what we were talking about, just like that determination, that grit that I had to use to do everything, like, elementary school, not so much, honestly. Elementary School is okay. Because you can just get by with me and a good kid, you know, you can turn in your homework and to get the grades, right. Um, but when I think more middle school and high school, especially high school and college, it's just, I just didn't do as well. And I remember, they separated all of our school, our middle school into different like teams. And so I had friends that were on the intrepids, they were called the intrepid team. And they had a certain amount, like certain teachers, and they were all together. And I was on one called the lightning bolts. And at that point, I could look around my classroom, and I saw that a lot of the kids that I was with had learning disabilities. And I was like, why am I with the

lightning bolts? And I wasn't meaning to in a negative way and in it, but I was like, why am I not with the intrepids? It was really weird. But looking back, I'm like, oh, maybe they did see something. Maybe there was something about me being there, or that I needed to learn a certain way that they weren't cluing me in on. And maybe that's just hearsay. But I do you remember seeing that? And it's kind of a strange thing for a sixth grader to like, really start to notice, you know, I would say the breeding was huge for me having to read the same page 1000 times over and over and over again, and still not understanding what it was. I just thought I was a terrible reader. I have since understood I have very mild dyslexia as well, which is often a comorbidity with ADHD, but a lot of that issue was not the dyslexia it was the ADHD.



Katy Weber 18:31

So hard to untangle.



Kamden Hainsworth 18:33

Yeah, it is a lot. Yeah, I'm like history, memorizing dates. It's crazy. We all have our strengths, even in ADHD. But for me, that's it was not a thing holding on to the short term memory things. I took European history. My sophomore year in high school. I literally can remember one thing, and the one thing that I can remember, was actually like, what, what are those funny, like techniques that we use to help us remember the actual thing? It was something like demonics? Yeah, mnemonics Yeah. Like famous Amy Amos cookies. My mom said, okay, just think of famous Amos cookies when you think of whatever it was, I can't even remember the thing. I can't even remember the history. My poor mom. Like she was trying so hard to help me. I don't remember a single thing. And somehow I passed the class because I think he saw I was just trying hard, but so many things like that. Oh my gosh, yeah. So many things. I took all the AP classes failed all the AP tests. Like why was crazy. So I thought a lot of it school based. I also look back in middle school. And think oh, I think it was everyone's a little awkward in middle school. But I was like, Oh, I was totally unaware of how different I was from the people I was trying to be friends with. Like, how was I so unaware that I was so different from the kind of cool kids I kept trying to fit in with I was so different. And socially is just like that unawareness. We are It wasn't until I was In high school that I found some people that were just awesome. I think it came into my own. But even then we have our own struggles.



Katy Weber 20:08

Yeah, you know, it's interesting to bring up relationships too, because I know so many

women with ADHD look back and think like, Okay, this explains why I've always felt like a terrible friend. You know, because I had so many of those friendships, especially even from high school on which were, you know, people feeling like they were getting irrationally angry with me, because I wasn't behaving the way a friend was supposed to behave. And so I took that usually, I would feel bad about myself. And then I would feel like I didn't know how to be the good friend so that I would retreat, right. Yeah, and, and so there's that there's the there's the intentional retreating from friendships, because you feel like you're a terrible friend, and you don't want to upset them. But then I think there's also just the sort of object impermanence, short term memory aspect of friendship, which is like, I will love to go like, have a coffee and sit with you, and we will have the best conversation. But as soon as I walk away, I'm not gonna remember your birthday, I'm probably not going to follow up, you know, all of those things that sort of make you just generally feel like a terrible friend. And I think back like my best friends over the years are people who I can not talk to you for a year. And then right, and I'm like, yeah, you probably have ADHD. Yeah, that like going back and having that moment where you're sort of like, how do I tell all of my favorite people in life, that the reason why they're my favorite of people in life is because I also have ADHD. Yeah. My daughter jokes about that, too, because I'm, you know, I'm like, still in that phase, where everything each of them, my daughter's 13, my son is nine, they are very different. In terms especially in terms of academics, she is just incredible. She's really always been very, very, like individually motivated. She's she sets herself up with structure in such an incredibly competent way. I'm just always amazed amazing how, especially with remote learning, like she's just like, on the ball. But I still am convinced she has ADHD because of her heavy reliance on structure. You know, I think she's just sort of connected understand, to have it. Yeah. And whereas my son is a little younger, and he's definitely like, he just has fallen apart. And, and a lot of his a lot of our experience with remote learning, and how my life imploded when we all were at home. And suddenly, I didn't have a cleaning lady anymore. Everybody was home all the time. And I had no time to myself. And it was just like, That was when, even though my therapist had been telling me for two years that I needed to look into ADHD. There was only It was only when we were all at home where I really sort of felt the urge. Yeah, that the dominoes fall and so holy cow. Yeah. And so it's funny because I'm always like, I'm everything they do. I'm picking it apart being like, Oh, that's ADHD. Oh, that baby. And she always rolls her eyes. She's like, what mom has ADHD? Everybody has ADHD? That's so funny. Right? I know. So you do offer speaking of clients and let's talk about the ADHD rectory? Yeah, I was expecting there to be the extra D and I love that there's not. But let's talk about sort of how you came up with this. Because it's such a It's a unique service. And I think it really tailors to the ADHD mind in such an important way. And, and, and chronic overwhelm. And yeah, some of the things that we really struggle with. But I also think that we also really struggle with asking for help in the first place, because we don't know turn it don't even know what it is and what to ask and, and so tell me about how you started the

directory, what it what it offers, and how you kind of know what your clients are looking for.



Kamden Hainsworth 23:54

Okay, well, like Like I mentioned before, I kind of started everything, just to share my story, with the hope of just helping out awareness and spread awareness. I was definitely not an expert at that point. I'm just going through everything. And I wanted to have a friend along you know, like, let's bring some friends along. But what happened is once I started gaining some traction on Tick tock, and people saw me as somebody that knew something shocking, I was like, Okay, how do I get help to these people? And I'm a mom of three, and I'm running a business and it was a separate business. And I anyway, I don't want to get into I was very busy, right? We all are, how do I make sure I can help these people but also not neglect my family, you know, neglect what's most important to me. And I literally had just like this clarity of thought, and I was walking down my hall and said, ADH directory, it just like popped into my head. And I was like, What's that mean? You know, like, what's the ADH directory? And then I started thinking about it and the cool part about how I approached my Pre diagnosis was that I reached out to tons of people. And that I sent them video memos and voice memos. And we got on zoom calls with each other. And I was like, wait, people need to know about this, like, this is so good. And so I started to send them podcasts and books and Instagram accounts and things like that on on the site on my DMS. And then I realized, I don't have time to answer all these dm. So what about if I like, set up an appointment with them, and it just kind of spiraled and now I take consultations, not to like diagnose ADHD, obviously, but to help people find their ADHD home to find somewhere where they can land based upon their individualized challenges and the solutions and goals that they're hoping for. So if someone comes to me, and they run their own business, and during quarantine, they've lost all structure, their kids are home, whatever it might be, then we'll get really down to the nitty gritty as to what about that makes it challenging? And then like, what would their ideal situation look like in their home running their business with their kids. And then I'll think of what coaches I have, what podcasts there are out there, what books, what blogs, might be able to steer them in the right direction. And then they take it from there. The idea is like, we have this huge boulder in front of us, and it's so all encompassing. But if we can just help have somebody just kind of steer the boulder in the right direction and start pushing with us. So that can start rolling down the hill, I hope that that will allow some momentum in the right direction for them to happen.



Katy Weber 26:38

That's amazing. I mean, it doesn't surprise me that so many people with ADHD or

coaches, or so many coaches have ADHD because it makes sense. And I think that was something that I you know, intuitively came into and realized through my coach training that being a coach isn't telling somebody what to do. It's asking the right questions. Yeah, right. And so it's actually quite a fun and easy. If you enjoy, you enjoy the client. It's because we're naturally inquisitive, and we love solving puzzles. But, you know, I'm not going to tell you what to do. I'm certainly not going to tell somebody with ADHD what to do, and do not tell me what to do. But I need my handheld. And I think that was a really important realization for me. Because I struggled with coaching, I struggled with imposter syndrome as a coach before my diagnosis, because I always sort of figured what a I'm a hot mess, who am I to coach anyone? And be you know, I just sort of struggled with the worth I you know, it's funny, ironic, because my coaching business is called worth it. But I really did struggle with like being able to make those connect the dots when it came to like the worth of coaching. And why would somebody pay for that when there's so much that we're struggling with and so much we're paying for. And and so it was through my date of diagnosis that I really kind of was able to realize like how important it is for somebody with ADHD to have the help that they need, you know, how important there are certain things that are non negotiables like a housekeeper was something that was an I will pay for a housekeeper before I will pay for anything else, you know, like that is so high up there, because I understand that that's something I you know, all you know that that's a non negotiable requirement. And and so I realize, right, and I think coaching is something that people with ADHD if they can, I mean, obviously, if it's cost prohibitive, there are other options. And we're really good at kind of googling and falling down rabbit holes and finding free resources. But I think it's being asked the right questions that is so essential in our lives to connect those dots because it's so I think, understanding, aware that we love puzzles, but we are the biggest hardest puzzle we'll ever encounter. Right? Yeah. And and sometimes you just, it's overwhelming and you don't want to deal with it. And so you just put it off and you put it off and put it off. And so like having somebody come it's like it's like body doubling for your mind, you know, having somebody come out and be like, okay, let's, let's like, like, let's have some accountability. Let's work it. Let's work this out. And we need that so much and yeah, certainly.



Kamden Hainsworth 29:24

You reminded me of a podcast I listened to and he always says it's really hard to see the label of your bottle when you're inside your bottle.



Katy Weber 29:33

Right I love that. Who is that?



Kamden Hainsworth 29:36

Okay, so he you know, he's like, you have to have somebody that can see that label from the outside you know, it's not already inside and and surrounded by it. And that's what coaching does is we ask those right questions that can then help you like, Oh, yes, there's this many calories or this, this much vitamin D, like in from inside where we're at, but they can see the label. They can they I can see what questions we might need in order to really understand what the content of who we are is inside. And it's so fun. It really is. I like how you said handholding. Because that's, it's adding structure. And that I guess I didn't really touch on that point that there. I mean, we can do it on our own right? We can go on Google we can, we can do all the work ourselves. But sometimes that lends us to analysis paralysis, where we're like, Am I going to choose the right coach? Am I going to know the right thing? Am I going to go with the right theory? You know, and for me, I just say trust yourself. Number one, you're not going to completely screw yourself up. Like, be prudent, be understanding, like, don't be dumb. But most of the time, like, if you're, if you made it this far in life, like go with your gut and go with your instinct. But if not, that's why I do like my service is because it allows me to see the outside of your bottle for a second say, hey, you might want to start here. And then you don't have to spend hours on Google unless you want to. Yeah, that's like that. But yeah, it's it's really good. And that's what coaches do, too. We think that we have all this huge problem. Like, it's just one big, ginormous problem. But a coach can ask us a question that helps us see these and individualized, independent of each other situations. And then we can choose one of those. And then we can break that one down into smaller pieces as well. It's what I see with, I have a couple of one on one clients myself. And they're starting businesses, these are people that have an idea. They want to serve businesses, they want to get like on social media, or their business setup, pretty much. And they're like, business. He was like, all at once, like we want everything done right now, the most efficiently, all at the same time, like business, you know, and like, okay, that's beautiful, I love business. Let's, let's break it down. Let me hold your hand and these particular reasons, these particular areas, let's ask you some questions. And so it's really cool to work with ADHD errs that want business so that we can, you know, really get clear on what kind it is that they want, and how man we struggle. So I know, the small parts of the bigger picture, you know, to really see those puzzle pieces of the bigger picture. But with a coach like you, with with helpful hints, with asking for help, man, it starts to empower us so that we can start to break things down becomes a part of who we are part of our, our habits. And and we start to believe in it more, I think too, like, we aren't so shy to approach it as, Oh, this isn't gonna work, this is gonna feel completely inefficient. Oh, you know, taking time to draw out this list. That's a waste of my time. Now we're gonna say No, you know what, every time I do that, it actually lends the results that I want. And I, you know, now I have those tools. So, so fun, love it.



Katy Weber 32:54

I know, I call it my runway, you know, I have an amazing business coach who really helps me she you know, she makes me sort of create milestones. And I can't do anything until I reach those milestones, because my tendency is to immediately see something and chase after it. And so she, she makes me keep a list. And so the list is called building my empire. Right. And so anytime it occurs to me that I'm like, oh, clubhouse, I'm going to become a club that I've got a master clubhouse, or you know, whatever it is, this week that I've decided I want to put all of my enthusiasm and energy into she's like, put it on your list, you'll have plenty of time to build your empire. But what you need to do is you need to reach these milestones you've set for yourself first. And so it's sort of First of all, it gives me the brain dump to get it out of my head and put it somewhere. But it keeps me focused on on task completion, which is the biggest difficulty for me. And I think for most entrepreneurs who have ADHD, which is every week, you want to pivot and you want to do something else, and you don't get to finish the thing that you were super obsessed with last week. And, and so constraint, right, yes. And so it's actually done an amazing, I've had amazing growth, which feels almost like it's antithetical, you know, like, you would think that expansion and ideas and chasing things is growth, but no, like the growth is in the runway, you know?



Kamden Hainsworth 34:22

Yes, super funny. Last night, I was on a coaching call. I had quite a few different deadlines I had to meet before I woke up today. And I was on a coaching call at five o'clock pm. And she was talking about constraints and about understanding like our priorities. And I went in the chat and I was like, is a group group coach call and they said, right now, I know that my priority should be elsewhere. But this is more fun. And everyone's like, get off Camden. We'll see it later hit the road cams, and I was like, Okay, thanks for the support, guys. You know, and it was so ironic that even on an ADHD coaching call that is supposed to help me right for that exact purpose. I was trying to take on too many things I wasn't constraining down. And as soon as I constrained down, I had some of the most incredible breakthroughs when I hopped off that call, and gave all of my attention to one thing. And I was like, This is so hilarious that it took me five minutes of that coaching call to remind me I needed to not be on the call, I needed to be in what was most important on my list. So you're, like, totally reflect like, you're highlighting something I just lived last night. So great.



Katy Weber 35:34

I know. And that was another thing, too, that has really helped me in my business, which is,

I remember get it. I remember listening to a podcast years ago, and there was a woman that gets laid them Thomas, but I'm not sure if that was her or not. But anyway, she had said like when it comes to taking on new projects, if it's not a hell, yes, then it's a no. And I was like, Oh, that makes sense. But and then I was like, but everything is a hell yes. When you have ADHD, it's really difficult because everything feels urgent and exciting and immediate in the in the moment. And, and I remember with my business coach, she was also telling me like she was explaining, she was like, we were talking about a business relationship that I had. And I just was like, it was the longest most stable relationship I had outside of my marriage. And she was like, you talk about it, like, it's not a great thing. And she was, you know, she made that connection. Like, you know, we don't get excited about things that are stable, and healthy. Right? She was like, Why do you talk about it? Like, it's like, it's okay. She's like that, you know, it's interesting, where, again, like, where you put your priorities, and it really made me realize like, Oh, right, like, if it's a hell yes, that's almost like a red flag for me now. Then I think, right. I'm like, why is this exciting? You know, what is happening? what's what's happening here with all of this dopamine wise, you know, it's like, it's sort of like clubhouse is a great example. clubhouse was one of those things that I immediately was like, got so excited about. And it's a terrible place for somebody with ADHD, because there's so much happening, and so many rooms, and you go in and out that it's really stressful for me, it's stressful. And it's so dizzying. And I'm like, I should not be here. And then I get off, you know, and then I remember it exists. And then I'm like, whoo, it's so shiny and dizzying and so much is happening. And then I go back, because I'm like, Well, I bet there's something for me to find, you know, and I'll see a room that looks appealing and I dive in and have usually I'll have like a great conversation or something like there's of course, and then it starts all over the whole, like, clubhouse obsession starts over again. And my Brian so it's like, now I'm almost like, if I'm, if something feels like, I'm super excited about it. And that's, that's now like, error. It's sad. Or at least well, that it just like, at least it's it's just sort of it's it's, you know, one of those like brain associations where like, you know, if you if you open the cabinet door, that it reminds you that you have to take your meds or those sort of those. There's something there's a name for those visual associations, but yeah, so now I'm like, I'm training myself that when I get butterflies that I'm like, Okay, let's take a look, pause and pause and figure out why I'm so excited about something.



Kamden Hainsworth 38:24

Totally, I it's very smart. Don't you feel like that's one of your great for me. And it sounds like you're getting there that that becomes one of your greatest strengths. It's not that we push it away, or pretend like it doesn't exist, but we take time to timeout to pause and to say, okay, is this something that aligns with my values? And right now, and the better we get at that, the more we can embrace who we are that we are this excited person that it

does give us butterflies that this is fun, but we're not trying to suppress that we're not trying to push the the, the beach ball underneath the pool water, you know, explode, right. It's one of my coaches, somebody that tells me that, like, we're not doing that, like, oh, it doesn't exist, it doesn't exist, you know, but we're like looking at it and said and saying, huh, what I want to do with this, right? It's so nice to know that we're in charge even though our brain and our feelings and everything is so supercharged that we still have the ultimate say, and that's what I love, like what you just said, right? You're like, Huh, this is a trigger. This is Uh huh. When I feel butterflies, it's like, that means pause. Yeah. Yeah. What is that word association? Yeah, whatever it is, because that's where the change comes. That's where the change happens with our ADHD is like, now we understand how our body works. And our normal reaction is to do this, but it's it doesn't always get us the results we like. So what do we want to do instead? And it puts up it's the puts the power in our court.



Katy Weber 39:52

Yeah, absolutely. Okay, so now tell me about Tick Tock because I Tick Tock was another thing like clubhouse where I First, I first joined and got the app years ago when it first started. And I first heard about it and I went in and I spent probably eight hours in bed scrolling and was like, This is bad for me. I need to I need to delete this and get rid of it. And I and ignored it for until somebody had mentioned, I think it was an a Facebook group they had talked about, you know, ADHD, tick tock and how it was, and I was like, Okay, well, I'll just dabble, right? does good dabbles in social media? ADHD is don't dabble in anything. So, so I read downloaded it, and then immediately, I think that's where I found you. I felt it was it's such. It's such a prolific place for ADHD. And I'm curious as to like, if, what your opinion is as to why what it is, what is it about the minute video? And then medium because it's, it's there's a great medium in terms of like self reflection, and finding moments in time that hit you in a way that that, you know, just reading a newspaper article or something? Well, I do.



Kamden Hainsworth 41:16

Yeah, I think that as a whole that the platform as a whole, like, talking about all people not just ADHD ears, is really interesting, because it's, it is just like these snapshots of time and integration of movement, a video of music of trends, once you learn a trend, and then you find a trend that now is really hone in on who you are. The Tick Tock aldora algorithm is really freaky, it really reads you very well gets to know you very quickly. And so the videos that it pushes out to you are based upon your past likes, how long you stand, stay on a video, your past comments, what you share what you hesitate on, like, it's freaky, you know how well it gets to know you. So I think that that is also really helpful, particularly for an ADHD minds, we need an if we're talking about ADHD advocacy, or education, those

bite size pieces are all we need, you know, give us a give us I guess I say, give them an inch, or they'll take a mile. That's kind of like an ADHD idea, too, right? Just give us a little bit of insight. And we have the creativity we have the, the impulse, we have the knowledge and the wherewithal to go find out more. And so what I see with a lot of ADHD influencers on tik tok, and professionals, there's, you know, lots of psychologists on their therapist as well is that we just kind of give people some bite sized pieces, and some personal experiences that help us not feel so alone. And when we don't feel so alone, that we're not as afraid to go learn, either. I'm so glad for so many people that are better versed. I'm so sorry, in the science of ADHD than I am. I am happy to lean on them. I don't. I don't pretend to know all the science, but what I do understand is the implications of the science, and how that looks like in my life. And what I've done then to kind of get in better control of my life. So that's where I speak from. But yeah, being fed those bite sized pieces, one swipe at a time, really gets our brain going. And of course, it's dopamine hits associated with that every time we swipe is what's going to be there. What's gonna be next.



Katy Weber 43:39

I know, right?



Kamden Hainsworth 43:40

mental health, is it gonna be? Is it gonna be like, monkeys in the jungle? Like, what is it gonna be? And that is a total dopamine verse. So we have to be, you know, understanding about that, but I think that's why there's so many ad shares on the app.



Katy Weber 43:57

Oh, I know, right? Well, yeah, it's the same thing with social media, which is like, or even just phones, you know, the advent of iPhones and smartphones in general, where they're like, where people there's the one side of the coin where people will say, you know, everybody feels like they have ADHD, it's because they're addicted to their phones. And you're like, Well, no, it's not like I mean, if our phones aren't giving us all ADHD, there's just the people who already had ADHD fall victim to a lot of these sort of these this bait, you know, a lot of that bait that seems to be out there, right? Yeah, I can't suck tunnels. Yeah, it just suck in and then yeah, but I'm very curious because of my own journey. And now watching people seeing themselves and you know, that feeling of like, I'm seeing a lot of ADHD memes and they're very finding them really relatable and let you know that watching that journey on people like I think that validation and recognition is such an

important part of our journey too. And in terms of, you know, immediately like to Facebook groups where every post feels like is it just me? Or is this ADHD? And they'll say so you know, like, oh, like I was in the shower this morning and I've had, you know, the Holderness family. Yeah, of course. Yeah. So he just did this video ADHD to the tune of under the sea makes me cry and laugh every time. So good. I've watched it a few times. So good, I love them. And I love the advocacy. And I love how positive it is. And there's actually some really great suggestions. Like, it's just everything about it, the production value is so high. But the song has been the original under the sea song has been in my head since last Wednesday as a result. And so I'm sitting at you know, I'm in the shower, singing under the sea, which is a fantastic song. So many key changes, it's just it's a great it's like, you know, when you have ADHD, like, try to harmonize with yourself in real time. Echo just right. But I was thinking like, you know, our era, where is that something that we struggle with a lot worse, you know, do we tend to get your worms a lot more than the average person? And then I was like, I should go on to a group and ask other people that, you know, so there's something I don't know, if it's the fact that we are just so inquisitive, and such puzzle solvers that like, you know, you don't say, I like the color green, you're like, why do I like the color green? What does it say about me that I like the color green? Who else likes the color green? So is it just the fact that we're inquisitive in nature? Or is there something just like, you know, something really, like visceral? And is that is that like, a fundamental need for people with ADHD? Or anyone who is neuro diverse to sort of feel recognized? You know? Yeah, it's a really good question. I'm very curious.



Kamden Hainsworth 46:43

I should definitely be more inquisitive about that question. Yeah, I would tell you that it is very common. Yeah, absolutely common a, it's one of those very, very high up there things. And I think it has a lot to do with personality as well. But it gets I think, honestly, that's what gets a lot of younger kids in trouble is that they're so inquisitive with ADHD that it becomes wet, like it wears on the adults. Kids are inquisitive anyway. But if you have to know



Katy Weber 47:18

the impulsivity, yeah, absolutely. Then like, I need to have IMDb with me. I need to have IMDb with me at all times when I'm watching TV or movies, or I can't watch them. Yeah, I have is constantly like, Where do I know this guy from? Who do I know? Where Who? What are they?



Kamden Hainsworth 47:35

bugs do right? It's like that, that thing in the back of your brain, I see this a lot with my daughter, it's something it's very difficult for her to understand, like you might really need for this to be solved. But right now, in the general family, it's not the highest priority. But to her, it's absolutely like, can't get off of it, you know, can't can't get off obsessing about it. And then we can get into co-morbidities, of course of that and everything gets, you know, tangled in that web as well. But I think you're right. And I think that when you ask like, Can it be a strength? Yeah, it can be an absolute strength. That's what actually, you know, got me into learning about ADHD was because I needed answers. Yeah, absolutely.



Katy Weber 48:22

And I think one thing that I, I, you know, I've talked about imposter syndrome, when it comes to coaching and sort of feeling like, do I even have the authority to say these things, but I think there's this other imposter syndrome that we struggle with, with ADHD, which is, do I even have ADHD? You know, that fear? I think it was an interview you were doing was the interview you did with the dakini? Where you were talking about that fear of going to the doctor's office after you just felt so seen by ADHD and that you were like, what did they what are they going to? What happens if they say I don't have it? You know, and I related to that, I think so many of us have that fear, which is like, I relate so deeply, to so much of this literature to so the mediums the community, and like, what if I don't actually have it? And I and I've, I've decided that if you feel that way you have it, if you feel deeply seen by the literature and the community and and you've done that should be a tip off? Yeah, it's you're not just like, haha, I lost my keys relatable, that you're just sort of like, Oh my god, this is life changing validation that I needed and everything feels different, like those are usually the tip offs. And so it's, it makes I feel bad when people are like, you know, especially when I reach out to people to interview where they say I wasn't officially diagnosed, is that okay? And I'm like, girlfriend, like, first of all, like, we do more research than most medical professionals when it comes to ADHD. So chances are you're gonna come in there with more information than they have, like, you know, you you are your ex you are the expert of your own self. Right. And so, I don't think anybody fakes a diagnosis in that way. Why would you



Kamden Hainsworth 50:00

what advantage does that give you? And the other thing is a lot of people say, Oh, I don't want them to think I'm a drug seeker, right? Yeah. And I'm like, but what advantage is that give you at this point that you weren't like, Oh, I need this medication. So therefore, I'm going to start to like know, what you're telling me right now is that you feel once again

deeply about time blindness, about really sucky, short term memory, about friends that feel like that you're terrible friends, like that has nothing to do with medication. So let's trust yourself a little bit here. And I think in that same interview, one of the biggest breakthroughs that came to me was, I went to my, my psychiatrist, and I said, I don't care to be right. But I need to get to the bottom of what's happening. And this is all the things that I found out. And I brought them in, and I had done multiple evaluations. And then I had written on the back of those evaluations, personal experiences from everything, how it was impacting my life, and why I felt the diagnosis would be helpful for me, like, it was all laid out. And I said, I don't need to be right. But here's everything I've done. And here's what I feel like the impact is, and I think that that as individuals that are thinking about maybe getting the diagnosis, when you feel something that deeply, just like what you said exactly what you just said, Katie, like, when it like, fills your soul that you feel like it's another organ in your body. It's so belongs, like, as a part of you, then you've got to trust yourself. And that's when you must advocate for yourself. Yeah, you know, like, you can't let someone else's opinion because my first doctor completely dismissed me and said, I can't do anything for you, you know, it brought me to tears in the office is very embarrassing. But when you feel that deeply, that this is something that needs to be seen, then at least finding a therapist or clinician that hears you that they don't have to diagnose you that first meeting, but if you feel like they can actually hear you, and understand you, and validate you, please that's where we need to start out and and know that you know yourself best, just like you said, it's amazing.



Katy Weber 52:13

Yeah, well, and I often feel like the diagnosis itself is half the treatment, you know, like I yes, meds are important, but just that that initial, you know, just the realization that this has a name that it has, you can label it and you can start to help yourself for the first time, you know, like that the diagnosis is in so many ways, how we treat ourselves and how we act and like you said, how we advocate for ourselves and how we, you know, put your foot in the sand or draw the line at whatever the metaphor is. Put your foot down. Because you feel like you have a right to ask for what you need. Now what you might have never do. Yeah. Ah, man, I could talk your face off for hours. It's what do we like to do, man? It's so fun. Okay, so we so we have talked about the ADHD directory ABH? How do you even sit? Do you say ADH directory? Each directory? Okay. So I'll have a link to it in the show notes. But, you know, how can how can listeners find you and support you? What are your



Kamden Hainsworth 53:22

Yeah, that's, that's the best way. I mean, I do have a podcast called wake up with Canva. And it's mostly just a really short one. That's I did that on purpose. It's pretty much just like

a live of me talking about my thoughts. mindset. It's mostly mindset that can help ADHD or not specifically for 80 years, but definitely, it will help ladies years because that's how I've worked on my mindset. But yeah, tick tock and Instagram as candidate underscore, ADHD, and then h directory calm. And there I can, you know, match you with your own coach. And then I do my own coaching called dream catcher coaching, once again, for small businesses that are starting out for ADHD years, it needs structure. Yeah, you know, not much.



Katy Weber 54:08

I do a couple things.



Kamden Hainsworth 54:10

It's so fun. It's all it's all the same. It's just, you know, you find people that you want to serve, and they just think about the best way to serve on, we're going to be opening up a group coaching as well, that's going to be very affordable for many people. And I'm doing that because I meet so many people on Tick Tock from all different walks of life. And I want to introduce them to the coaches in my directory. And so we're going to be opening that up the spring. So that's something to look forward to. And it's kind of like that first step into the community and really, really happy, really happy to be able to provide that service will be great.



Katy Weber 54:44

Yeah, I think one reason why you have resonated with so many people with ADHD, I think is the fact maybe it's the fact that you're a teacher, I don't know but like you are you nurture in a way that I think is really important and It fills that need that a lot of us have, which is like, the positivity, the gratitude, the mindset, and, and so I wanted to make sure I told you how



Kamden Hainsworth 55:11

Thank you. Yeah, and for me, I'm still kind of shocks me, some people I'm like, there's so many people out there. And I watch you know, all watch all of my friends and all of my way comm fellow influencers, whatever you want to call them on tik tok, and I'm like, wow, they've got it, you know, like, they've got it down, like, I'm a mom. Like, I show up. And it's not really to discredit me, it's just the amount of energy that you can put into this, it's just different. When you have three kids, it just is and when you're, you know, not 20 years old,

you know. And so, I so appreciate people like yourself saying that, because it's true, we, every person, listening to this podcast, not listening to this podcast, every person has something beautiful to bring to the world. And you're going to attract the kind of people that need to hear you. And I also have faith and I also have hope that the people that my friends need to attract will be attracted to them. And sometimes there's crossover. But that there's just like this abundance of loveliness of attraction and magnetic, you know, nature that you will find what you need to find. And that's another reason why I love my directory, too, is because I know I'm not for everyone. But I know that other people could be the perfect match for them. And that is such a joy, to know that I don't have to be everything for everyone. I just have to be Camden, I Excuse me, I get to be Camden. And if Camden is what you need today, I will always be here. But if something else and someone else is something that needs you, that you need for the long, the long haul, then let's find them for you. And that that's going to then allow them to show up as their most authentic self. So it's great.



Katy Weber 57:12

Yeah, absolutely. And I think we, one thing I always appreciate about the ADHD community, and I think I can also appreciate it myself as well is the heightened sense of empathy that is felt good and shared. It's such a supportive community because I think we, we tend to have heightened empathy because of the struggle, you know, and and so seeing somebody who is still struggling with something that you no longer struggle with is so difficult. It's like you want to drop everything and help that person. Because you get you get that you feel that struggle so deeply.



Kamden Hainsworth 57:46

Yeah, you're exactly right. I was just on a call right before this. And that's exactly what we talked about. He said, what's one of your strengths with having ADHD? And like, that's exactly what I



Katy Weber 57:55

said. It's empathy. Yeah, empathy. Awesome. Well, I so appreciate your time. I really enjoyed talking to you. And I love what you're putting out there. And you're such a great resource for this community. So thank you. Thank you for having me. This was so



Kamden Hainsworth 58:11

much fun, and I'm so glad you're doing this podcast. How wonderful. keep subscribing people