

INTERRUPTING OTHERS

ADHD Fact: It's Not Rudeness — It's the Speed of Sound!

Many people with ADHD struggle to explain this truth: **we interrupt not because we don't care, but because our brains move fast, our thoughts disappear quickly, and our excitement overflows.** It's not rudeness — it's connection.



Brain Speed & Thought Vanishing:

An ADHD brain runs at lightning speed, powered by a unique mix of rapid thinking and limited working memory. Thoughts connect in bursts - quick, vivid, and fleeting. If an idea isn't shared right away, it risks vanishing before there's a pause in the conversation. The "interruption" is often a race against forgetting, not a disregard for others.



The Overflow of Excitement (Dopamine Rush):

When something truly sparks interest, a rush of dopamine floods the brain. That surge fuels passion, energy, and engagement — but it can also override impulse control. The need to share, clarify, or connect becomes irresistible. What looks like impatience is actually enthusiasm bursting through.



A Different Way of Connecting:

In neurodivergent spaces, interruptions aren't seen as disrespect - they're a sign of shared excitement. Two ADHD minds in conversation often overlap in speech, echoing and building on each other's ideas in a lively, fast-paced rhythm. It's a form of active connection, not competition.



Understanding the Difference:

Recognizing that ADHD communication is neurologically different, not impolite, builds empathy. When we shift from judging to understanding, conversations become richer, more accepting, and genuinely connected.

It's not interruption — it's engagement at the speed of an ADHD brain.