

ROOTED

# WIRED FOR WAR

Your ADHD is not a disorder. It's a survival system built for a war zone. Here's how to aim it.

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READ THIS FIRST

# YOU DON'T HAVE A DEFICIT. YOU HAVE A SURVIVAL ENGINE.

They named it a Deficit Disorder. As if something is missing. Nothing is missing. Your brain is not broken. It is **built for a different world** than the one they tried to make you sit still in.

You scan every room. You get bored in five minutes by anything simple. You can't start the boring task to save your life, but drop you in a crisis and you go calm and sharp while everyone else panics. That is not a malfunction. That is a **survival system**, running exactly as designed.

**IT'S NOT A DEFICIT.  
IT'S A BRAIN WIRED  
FOR A WAR ZONE.**

This guide gives you the science, the reframe, and the tangible tools to aim that engine instead of fighting it. For the adult who figured it out with no map, and the parent raising a kid just like them.

## THE TRUTH

# FOR A LOT OF US, ADHD IS THE BODY'S RECORD OF A WAR ZONE.

Here is what almost no one says out loud. A childhood that was unpredictable, tense, walking on eggshells, that builds the exact same wiring they later call ADHD. The brain learns to scan for threat, stay ready, chase the next signal, never fully rest. Hypervigilance. That is not a coincidence. That is cause and effect.

### THE RESEARCH

Childhood trauma and ADHD **overlap heavily and often get confused**, because they produce nearly identical symptoms: restlessness, trouble focusing, impulsivity, emotional flooding. Large studies show a **dose-response link** between Adverse Childhood Experiences and ADHD diagnoses, the more adversity, the higher the rate.

*Brown et al., Academic Pediatrics; CDC-Kaiser ACE research; van der Kolk, The Body Keeps the Score.*

So if your roots were hard, if the parents were tough and the heritage was heavier than most, your nervous system did the smart thing. It became a soldier. The war is over now. The wiring is still on duty. We are going to give it a new mission.

## THE REFRAME

# A HUNTER IN A FARMER'S WORLD.

Picture two ancient jobs. The farmer needs to do the same boring thing every day for months and not wander off. The hunter needs to scan the whole field, notice every movement, chase fast, hyperfocus on the target, and thrive in chaos. Different brains for different jobs. Both needed. Both brilliant at their own thing.

School, the cubicle, the spreadsheet, all of it was built for the farmer. Then they put a hunter in that seat and called him disordered for being bored out of his mind. You were never broken. You were **mismatched**.

## THE RESEARCH

The **Hunter vs Farmer** framework (Thom Hartmann) reframes ADHD traits as a hunter's toolkit: hyper-awareness, rapid task-switching, risk-taking, and intense focus in the chase. Traits that are a problem in a classroom and a superpower in a crisis, a startup, a battlefield, or a creative sprint.

Hartmann, *ADHD: A Hunter in a Farmer's World*.

**SIMPLE BORES YOU  
BECAUSE NOTHING IN YOUR LIFE  
WAS EVER SIMPLE.**

## WHY

# YOU'RE A MACRO THINKER. THAT'S THE GIFT.

Your brain does not want the one small step. It wants the whole map at once. The big connections. How everything links to everything. That is why the tiny task is torture and the giant vision is electric.

You are a **macro thinker**, built to see the system, connect across domains, and spot what the farmers miss. The cost is the boring middle. The fix is not to become a farmer. The fix is to build a bridge from the big vision down to the small step, so the engine actually moves the car.

**YOU SEE THE WHOLE MAP.**  
**YOU JUST NEED THE NEXT STEP**  
**BROKEN SMALL.**

## THE TOOLS

# HOW TO AIM THE ENGINE.

Tangible moves. Pick three and start this week. You do not manage this brain with shame. You manage it with stimulation, structure, and a regulated body.

### MOVE FIRST, FOCUS SECOND

Hard movement raises the exact brain chemicals (dopamine and norepinephrine) that focus needs, the same ones the meds target. Train or walk hard before the task you dread.

### NATURAL DOPAMINE, NOT THE CHEAP LOOP

Cold water, sunlight, real food, hard reps, real connection. Feed the engine clean fuel so it stops hunting the junk (the scroll, the snack, the drama).

### MACRO TO MICRO

Keep the big vision in front of you, then chop the next move into a step so small it is almost stupid. Two minutes. The hunter starts once there is a target.

### EXTERNALIZE EVERYTHING

Get it out of your head and onto paper or a list. Your brain is a hunter, not a filing cabinet. Free it to chase, not to remember.

### MAKE IT A HUNT

Add a timer, a stake, a game, a deadline. Boredom kills you; urgency lights you up. Turn the boring task into a chase on purpose.

### REGULATE THE WAR WIRING

Breath, cold, stillness. Tell the old soldier the war is over. A calm nervous system turns scatter into focus.

## THE RESEARCH

Dr. John Ratey (*Spark*) showed **exercise works like a dose of focus medicine**, raising dopamine and norepinephrine and improving attention. Movement is not optional for this brain. It is the treatment.

Ratey, *Spark: The Revolutionary New Science of Exercise and the Brain*.

FOR THE PARENT

# YOUR KID ISN'T BROKEN. THEY'RE A HUNTER WITH NO MAP.

You figured it out with no map. Tough parents, hard roots, no one to coach you. Your kid does not have to do it blind. You are the map.

They are not giving you a hard time. They are a high-powered engine in a world built for sedans, and they are exhausted from being told to slow down. Do not try to make them a farmer. Help them become the best hunter alive.

Cheer and coach them. Move their body. Feed them real fuel. Channel the intensity into a target worthy of it. And regulate yourself first, because they borrow your calm to find their own.

**DON'T FIX THE HUNTER.**  
**AIM THE HUNTER.**

WHEN YOU'RE READY TO AIM IT WITH ME

## ROOTED

This guide is the map. ROOTED is me walking it with you. Six weeks, one on one. We regulate the war wiring, find the root, and aim your engine at the life you actually want, so the same intensity that scattered you starts building. For the adult who figured it out alone, and the parent raising the next one.

**THE FIRST CALL IS FREE.  
DM THE WORD ROOTED.**

6 weeks 1-on-1 from \$3,500 · @joshua\_betancur on Instagram

You were never broken. You were wired for war and asked to sit still. Aim the engine. Become one of one.

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