

# 10 Things I hate about ADHD!

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and The Brilliant Reality of ADHD*





# Piles of letters and papers!

I have piles of letters and papers in too many places, they constantly tease me. They scare me too, quite honestly.

I have no idea how much I have paid in late fees over the years, because I couldn't find a bill lost in a pile somewhere.

I've tried to sort it all out and even bought a book on organizing made simple. It's a great book! Eventually I hope I will apply the valuable lessons it teaches. It currently serves as a paperweight for the piles of letters and papers on my desk.

Wouldn't want to lose anything!





# Re-reading!

It is exasperating reading the same paragraph, page or pages over and over again simply because I get lost in other thoughts while reading. I will usually go several pages before I realize I haven't been paying attention to what I was reading.

What's worse, is when I catch myself, I take a deep breath, and then read another long while.

And suddenly I realize my mind drifted off again! Phht!





# Forgetfulness!

Uhmmmmm...

What did I want to say?

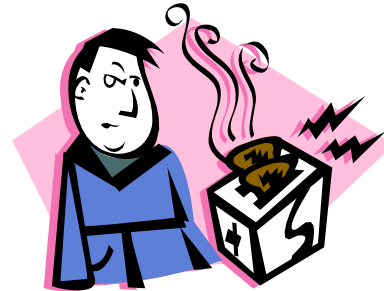
What's your name again?

Where did I put my keys?

Really, seriously, where did I put my keys?

...they were in the key box by the door.

Now, if I could just find my shoes... or, better yet, get the toast out of the toaster in the morning, instead of finding it there when I come home in the evening... hmmm... still edible?





# Time!

Where did the time go?

When I am bored time can't go fast enough and when I am interested there is never enough time!

It doesn't matter really because I do not have any sense of time. The years seem to pass unnoticed and days become a blur.

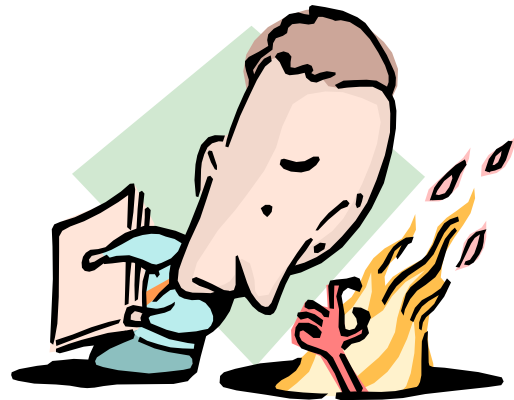
Friends get upset that I haven't contacted them in so long, but it doesn't seem that long to me. Speaking of which, they could have contacted me just as well! Oh, what do you mean you sent a card? ... those darn piles!





# Distraction!

I was getting ready to write this when something interesting came on TV. Then, I realized I needed something to eat, but first I had to check my phone because it alerted me to a message. So I text back and forth with Joan for a while, and put some food in the microwave, and remember that I need to take a shower. But there was that show on TV which was already over, so I started to read the newspaper... did I mention food in the microwave? I'll get back to this one later! Did I call...





# Lists!

As if...

- 1)
- 2)
- 3)
- 4)
- 5)

They are so helpful!





# Procrastination

Hmm...



# Fast Food!

Sometimes I think fast food was created for people like me with ADHD.

It's quick, convenient and prepared for me while I am checking messages, driving home, or daydreaming about a vacation in the Bahamas. Although eating fast food regularly is not ideal, at least my food is not undercooked, because I am too impatient to wait for it to be done, when I do try to cook at home, or burnt because I forget about it in the oven.

Fast food is a great thing in moderation, especially when I am in a rush. But it always seems I am in a rush and the convenience is just too darn convenient!





# Losing things!

Didn't I write about this one already?

I lost things years ago and yesterday in fact. Some things I have still never found. Funny thing is, after a while I tend to remember where I lost something, but when I go where it should be, it's not there!

In my book, "One Boy's Struggle: A Memoir", I admit that I lost my brand new bike and my favorite skateboard as a kid.

As an adult, I have lost my wallet, keys, passport, and important mail. My wallet (that I had forgotten about) was returned to me in the mail a year after I lost it, and I eventually found my keys and some of the important mail.

I'm lucky I haven't lost my mind. Yet!





# Laugh!

*- not hate.*

ADHD is a serious condition. Millions of us are diagnosed with it and yet, millions may still remain undiagnosed, suffering.

I believe that every now and then it is important to laugh at ourselves and take a lighter approach to our life conditions. Laughter is supposed to be the best medicine, however, it should never be at the expense of someone's feelings or ignoring truth.

Optimism and hope are our best friends. Let's reach out and Laugh together at our confounding traits and still, let's keep in mind that our symptoms and traits are very real with consequences, never to be underestimated or discounted. I use an optimistic, positive approach to deal with my symptoms and it came the hard way, before I learned to laugh with myself a little. Let me tell you, quite frankly, it took a while and a lot of therapy to get here. It is my hope that I can assist you in getting here too.

Hope you had fun reading this. Share the laughter...send a copy to a friend today!

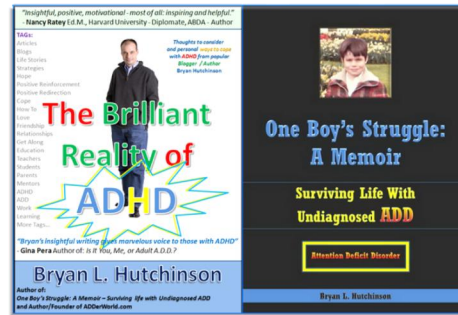
Thanks,

~Bryan 2009 ©





# Bryan is the author of:



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