Twitter Thread by Mr. White is selling 2 kids. Cute. Slightly used.



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@elonjames



Me: “Ugh, I really need to clear this area but there’s so much shit on it that all needs to be put 40 different places. This too much.”

Adderall Me: “I ain’t got time for this shit.” *Uses arm to knock everything not breakable onto the floor* “Clear.” ■■■ #ADDcheckin

Now for someone who doesn’t have #ADHD you might find what I did odd. All I did was move the mess from one spot to another.

And you’re right.

But my brain *really* wants to organize this area. So because of that I will actually do it. I can tackle the mess later... #ADDcheckin

I’ve learned one particular hack for my brain but it still needs adderall to kick it off. Once the feeling overwhelms you of focus—a need to get shit done—I don’t let my indecisiveness slow me down. Non-adderall me will try to brainstorm a solution for 6 weeks & get nothing done.

When I was young one of the reasons why I was berated & called lazy so often was because on occasion I would do some Herculean feat w/ ease but wouldn’t do my homework or clean my room for weeks.

Because I didn’t *WANT* to. It’s a key issue in the ADD brain. A want is needed.

And to the uninitiated all that sounds like is “You just wanna do what you wanna do. You aint slick.”

But its not that simple. We can desperately want to get something done, know we need to & still can’t do it. Maybe under extreme pressure of a deadline but often not even.

A good trick for folks with ADD is to change the goal that’s being worked towards for *them.* Even if everyone else has the exact same old goal. Reframing the goal as something that interests them changes the whole game and the work gets done. Impressively so. #ADDcheckin

Like telling me to clean my room would never work. But ask me if there was a way that I could maximize space in my room through a new layout and new system of organizing.

Now my brain has a *PROBLEM* to solve. Not a task to do for maintenance and I will tackle THAT. #ADDcheckin

I may need some help w/ organizing since it's a weak spot of mine but the system I come up with? It'll be *chefs kiss*. I just can't maintain it easily.

But as I said, reframe tasks as problems needing innovative solutions. The ADD brain will wake right dafuq up. #ADDcheckin

No matter what you've heard or what you've been told, the ADHD mind is NOT lazy. Often times folks with ADHD are gifted! It's referred to twice exceptional. The ADHD mind needs problems to solve in order to keep it engaged. A boring random task will never keep their attention.

And if you thought I may have been exaggerating on that first tweet about just knocking everything on the floor to start the process?

I was not. And I got more work done on this project today than in 5 weeks of staring at the mess trying to figure out how to put it all away.