

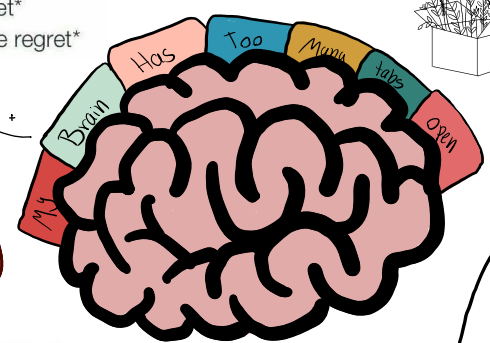
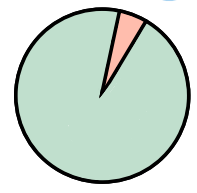
My ADHD brain... life is tough

Hyperfixation

guess who's bored
me
i'm bored
give me attention
Delivered

- Paying attention to the conversation
- Focusing on the proper amount of eye contact

scrolling
scrolling
scrolling
*why am i not studying?**scrolling with regret*
scrolling with regret
scrolling with more regret



YOU HAVE STUFF TO DO
getting are you just sitting
the tasks
Hurry up you
just sitting
tasks



YOU'RE SO LAZY

Intrusive Thoughts



Every day is a fresh start... exactly the same

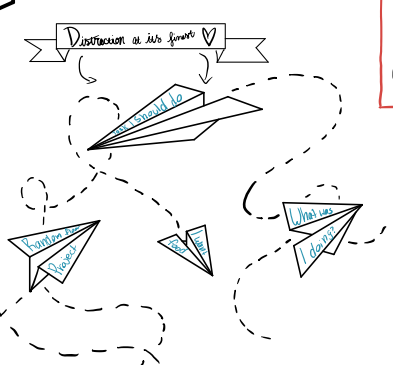
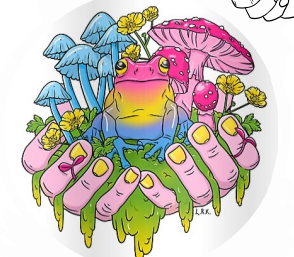
We can't all be neurotypical, Karen



Bad For Me
Meg DeAngelis



MOTIVATION	TIME	SLEEP	CONVERSATION
CAN'T START CAN'T STOP	NOW NOT NOW	TOO MUCH SLEEP NOT ENOUGH SLEEP	TALKING ZONING OUT



Overusing these because my sentences are more like paragraphs

- (Parenthesis)
- Ellipsis...
- Dash
- * Asterix *
- Comma,

OUR TABLET IS BROKEN! Oh No! Our tablet is broken! Oh No! Our tablet is broken!



ESCAPE REALITY

ずっとあなたが好きだった
Translation: I've always loved you

The songs I write but never perform

someone: do you mind if i say something off topic??

me, an adhd gremlin: i've never been on topic in my life, please continue

