

weird stuff i do that idk if its signs of some tupa neurodivergent behavior

when i dont wanna eat i just start smashing my food in my hands like a child 🙄🙄

i have an obsession with feeling things like when i see it i must feel

i have walked on my tiptoes and the sides of my feet since i was 3

i have a coughing tic (usually happens when im with others and when i think about it)

im irritable

i cant stay in one spot

when something goes too fast i just stop focusing

I struggle with focusing in general even when i really want to

just randomly in the middle of the day i think of a funny meme or quote of something then i repeat it endlessly until the end of the day or even the next day