Thoughts on grit:

Grit for me is kind of hard to pin down. It comes in a lot of forms, I believe, at least for me. My ADHD may make my interpretation and relationship with grit different than others. I know that I will become distracted while I’m working on important tasks. So, usually I’ll stack a lot of important tasks on top of one another so when I’m distracting myself, I find myself working on a different important task than the one I was supposed to be working on.

It’s also worth noting that when ADHD and autism are comorbid (this is just the term for when disorders and diseases coexist in the same person) the outcome is predictably unpredictable. By that I mean every day can be vastly different than the last. From focus, to drive, to emotions, to the ability to communicate clearly with people, it takes a lot of self-patience to get through most weeks. Maybe that can be viewed as grit, too. If you squint a little while you’re looking at it.

I do believe I have a lot of grit; it just comes in different… grits? Like sandpaper.

“The grit of sandpapers is **a rating of the size of abrasive materials on the sandpaper.** The higher grit number is equivalent to a finer abrasive, which creates smoother surface finishes. Lower grit numbers represent coarser abrasives that scrape off materials much quicker.”

Timeline

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