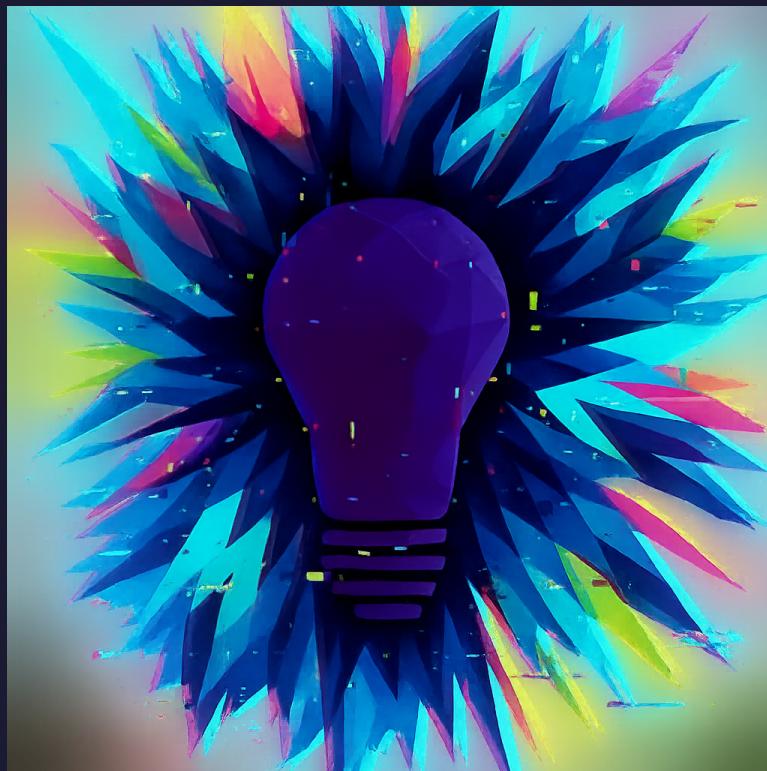


Everyone has a time zone

A Breakthrough by Cole EverDark



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There's an idea I came up with a long time ago—one that I wrote down on a scrap of paper and then lost. Still, it stuck with me. It seemed simple at first, but the more I lived with it, the more it explained almost everything I've seen and felt: everyone has a time zone. Not the kind marked by longitude or drawn across a map—I'm talking about internal, neurochemical time zones. Each person operates in their own rhythm, shaped by biology, by life, and by what we put in our bodies. We experience time differently, and that difference only grows when substances come into play. Ritalin. Weed. Amphetamines. Even caffeine. These aren't just stimulants or relaxants. They're clocks. They don't just affect mood—they warp time itself. They stretch minutes into hours or snap an afternoon in half. They change how long a thought lasts, how deep a focus goes, how reachable a goal feels. When I'm on 400 mg of liquid methylphenidate, time doesn't just slow—it expands. It opens up. I can step into it and move around. I can hold onto more of the day. Tasks that take someone else all day, I knock out in a single focused run—not because I'm superhuman, not because I'm working harder, but because my experience of time is different. It's like the day grows arms, and I can grab more of it. Now flip that. Imagine someone who isn't medicated. Or someone whose baseline chemistry causes time to fly by in a blur. They're not lazy. They're not broken. They're not "bad at time management." They're living in a faster time zone. The hours slip past them before they can even catch their breath. Their 24 hours are still 24—but inside their mind, it doesn't feel like it. And then there's marijuana—it slows time too, but differently. It doesn't offer productivity, it offers presence. Reflection. It doesn't make time longer, just deeper. Like a dream you can half-remember. And that's the real point: these shifts in perception are real. They're not metaphors. They're not excuses. They are lived, measurable differences in how we interact with the world. So when someone seems wildly productive or completely stuck, when someone is impulsive or completely absorbed in a task—it's not always about effort or discipline. Often, it's about what time zone they're in. This isn't just a theory. It's a lens. A way of seeing people that challenges how we define productivity, motivation, and ability. Especially when we talk about neurodiversity or disability. If we don't account for the reality that time is experienced differently from brain to brain, we'll keep judging people by standards they were never built to meet. And that's why this idea matters here, on 1142. Because if you live in a different time zone, you need a map that wasn't drawn by someone else's clock.