

# ADD Brain time

Life for me with add

Nothing is in a particular order

# Some issues I have

- Planning
- Organisation (these are actually different things for me)
- Getting stuck in my own head
- No overview
- No concentration (the classic)
- Unability to perform a task
- Needing a certain level of stimuli



@SEANYBOYDRAWS

Don't forget to play the devildriver: sail song (or awolnation)

The link for others later perhaps: [https://www.youtube.com/watch?v=torc9P4-k5A&ab\\_channel=NapalmRecords](https://www.youtube.com/watch?v=torc9P4-k5A&ab_channel=NapalmRecords)

# Planning ↔ Organisation ↔ Overview

- When to do what task?

What's my schedule? When do I have the actual time for it?

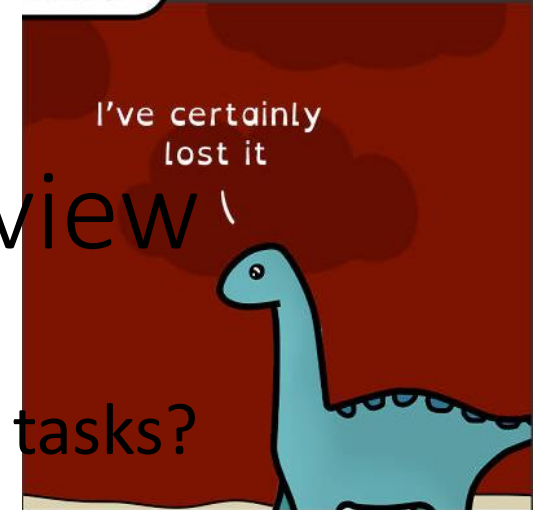
- Which steps do I have to go through to achieve the goal?

I know the tasks, I know the planning, how do I keep track of these things?

Where are my lists?  
**HOW** do I do it?

- What are tasks?

What makes up a task? What's a necessary step to do? What's first? Which has priority?



# Stimuli Balance

## Too little

- Layers of distractions
- Always having music on (except sleep)
- Having more music on
- Being able to follow several conversations
- Being aware of actions of others without paying attention

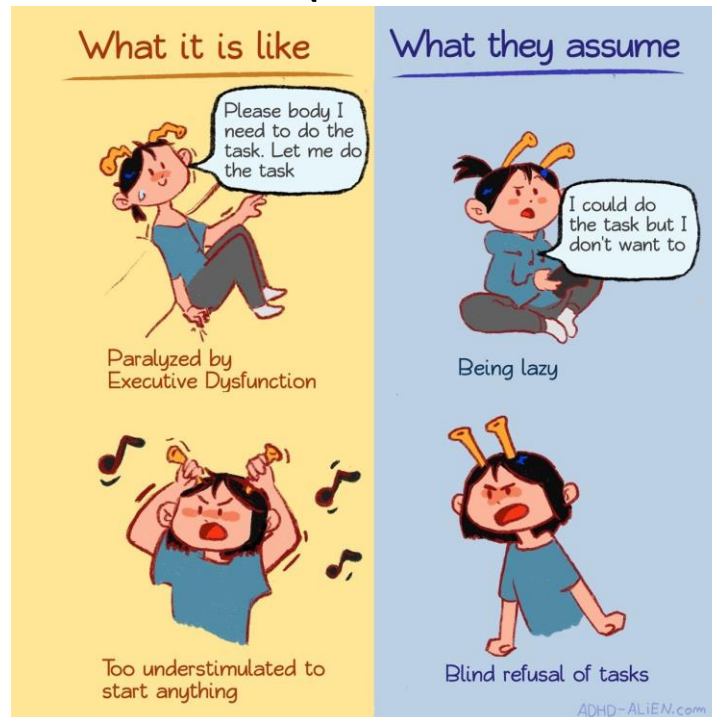
## Too much

- Not being able to stay in vc with many people
- Getting cantankerous
- No focus, too much going on

# No task performance

- Several reasons

- No focus
- Hyperfocus on a different task
- Literally unable too (difficult to explain)



- What kind of tasks?

- Any
- Good
- Bad
- Fun
- Unfun
- I hate not being able to order the tickets I want even though I sit here, and have checked everything



# ADHD Symptom groups

- Concentration

- Quickly distracted
- No overview (being late)
- No overview (debts)
- Bad planning/organisation
- Staring a lot, finishing little
- Dreamy, slow, vague
- Chaotic, forgetful
- Best procrastinator

- Hyperactivity

- Always busy,
- Constantly having a running engine
- Inner restlessness; storm in da head
- Always ticking, making noise, moving, fidgeting
- Not stopping with talking

- Impulsiveness

- Saying things without thinking
- Acting first, then thinking
- Interrupting conversations
- Impatient
- Impulsively making big decisions

# 10 min of my thoughts, mostly cuz it took too long to write them all down and I got distracted

Still thinking of that other band  
Turn that shit up  
Gabe is master trash  
I can't show this enough  
staph  
No, not the best  
Poke: lemme spit on you  
His fuckin' gf, dating literal trash  
Gotta read the music tho  
What was that thing again  
Car still needs to go  
Car's been  
Lemme go back to the music tho  
I just heard cuz what was  
Pretty solid team?  
internal cannon  
it that I wanted to type?  
writing, and jacking ugandan knuckles  
godverre  
tiddle should go to bed actually  
something something, waht did he say again?  
show me da way  
The radio is still on, wtf is playing  
I was doing something, what was I doing?  
Klikken voor een tekstvak is fucking stupid, where is the  
Ummmm mundo file  
I should listen to... what should I listen to acutally? (I don't actually know)  
help oppeling for this shit  
band was...  
Burn burn, just gonnn burn  
Wtf is my brother doing? Turn off the radio  
Rammstein? 5fdp? Why am I thinking of hard rn?  
Piano, thug as the fucker  
Lupine  
League is stupid  
this  
Thank you gabe  
Ping ping goes the piano in the song  
Whgat w...  
What was the thing again  
Carmen prey, gabe retard  
My feet are cold, my back hurts, I'm warm, wtf  
Do I wanna join league?  
Do I need new clothes?  
I've to go back averythginadldk;fja;dlkfja;dlkfj  
Diamonds and guns  
Internal cannon  
Fiddlesticks is a waifu – Amber 2022  
My brain, it's normal, I swear  
ping ping said the discord  
Who else wanted I to go eat sushi with?  
I need to see amber, knives, and go get food  
Give me the fucking snelkoppeling  
TRANSPLANTS

# The part where I don't really do sleep

- Lived on an average of 30 hours during my teens (per week)
- Went down to an occasional 10 (or 6)
- Now averaging on 42 a week
- Takes a lot of willpower, and anything can fuck it up (like playing a boardgame with friends in the evening)
- Needing like 58
- The brain literally takes 2 hours longer to go into 'sleep mode' than normal



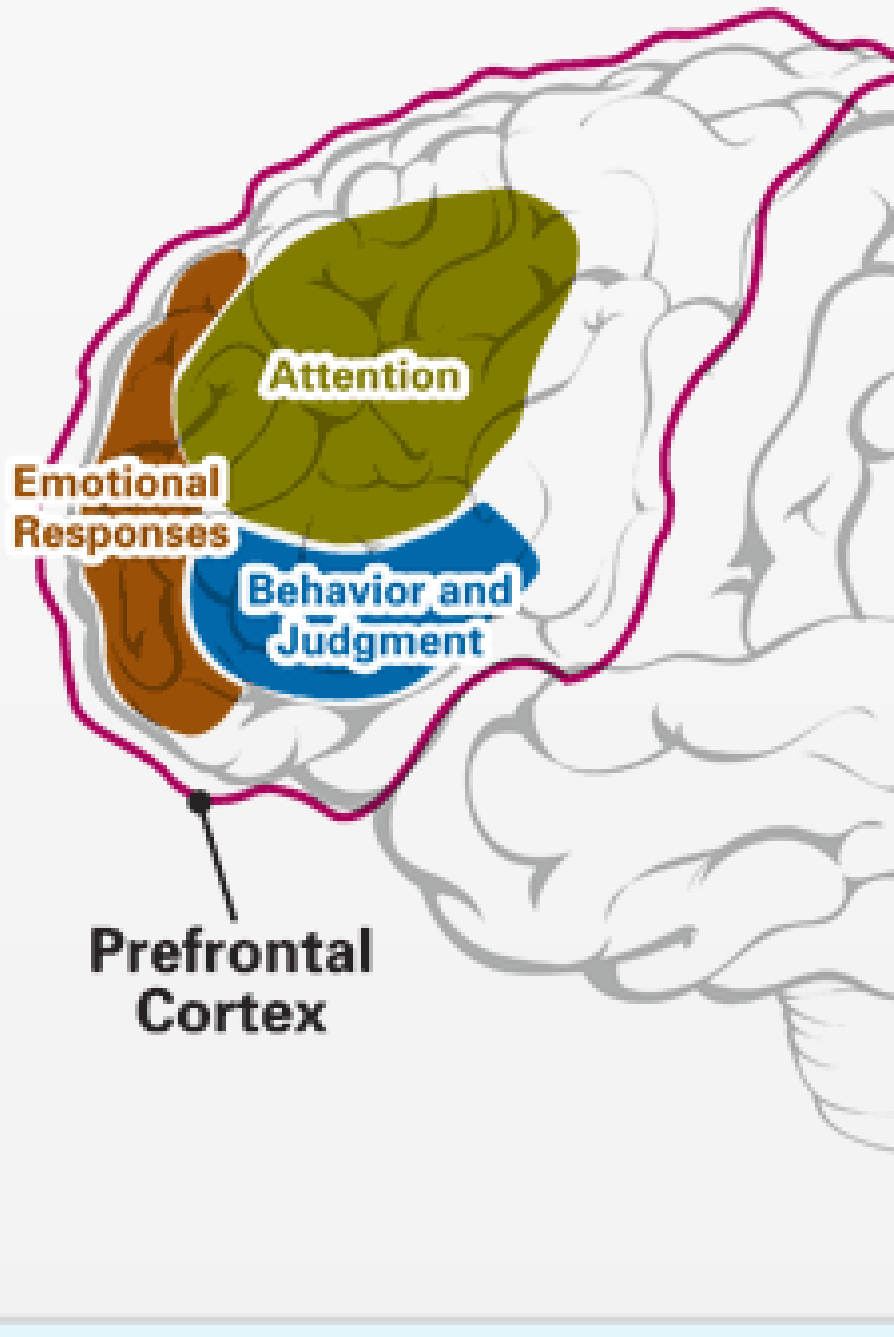
The part where I sit staring at this without  
thinking what I wanted to write about

# Upsides (cuz it ain't all bad, just more unseen)

- Generally more creative
- Fast brain linkage
  - Snappy
  - Thinking outside of the box
  - Witty (cuz you make connections faster ya know)
- Actually able to have several streams of thoughts/concentration going can be handy sometimes
- Honest (by accident heh) (cuz you are saying things before thinking)

Remember the part where I sit staring?  
Without thinking?

The void beckons



# Page for when I remember things

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- Another symptom is forgetfulness
- I got diagnosed when I was... 25? Or 24, quite late
- Diagnose has helped me put some things in perspective
- My brain is literally different
- I'm already late to my own funeral (song)
- Gotta get carmen a bday gift
- Go do the task you need to do ffs
- I need to order meds again, I'm out
- Misophonia (fuck anyone who has a ticking clock)

Any Questions?