This piece was my first attempt to express how ADHD feels to me. I think the most poignant piece of it for me is that the face looks calm—it might be three faces smashed into one, or three faces pulled out of one, but it’s calm. The person experiencing it is just a regular person in the midst of a storm, being pulled to a million different directions, different thoughts leading off to who knows where, but the person is still just there and quiet and normal. I was diagnosed with ADHD only a few months ago, and it’s been a cool journey learning to recognize what parts of myself and ADHD and what parts are actually me. This piece has helped me understand myself better because of that.