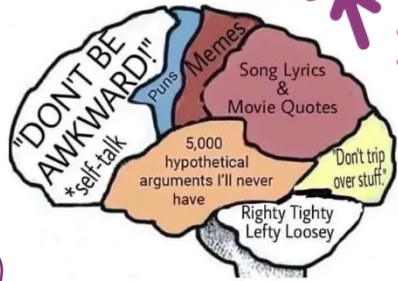


Actual image inside of my AuDHD brain

Neurodiversi-tea Bingo



"Please reply to this email by the 12th"
Me reading the email on 20th:



Having an appointment at 3pm and than living in a state of waiting all day

Don't mind me I'm just stimming

Trying to explain something kinda complicated but your passionate so you go fast and many words

Hates to have routine changed

Frantically tried to find your mobile whilst on a call to someone

Had to change a clothing item as it was itchy or uncomfortable and stressing you out

When presenting something important forgetting what your saying mid sentence

Noticed your car is making expensive noises only to realise your handbrake is still on whoops

Getting distracted whilst watching a movie or reading a book so have to rewind and rewatch or re read sometimes on repeat.

Can work out the plot to a movie, or book and the conversation very quickly

Forgot you were cooking again dinner and have burnt it again?

Have bought a calendar or diary this year and have yet to use it?

I don't have a train of thought I have seven trains on 4 tracks that narrowly avoid each other when the paths cross and all the conductors are screaming

One million post it notes, pens, notebooks, cups, water bottles and fidget toys fill the entirety of your desk

Re reading the same important document far to many times because the formal language made it boring which = hieroglyphics

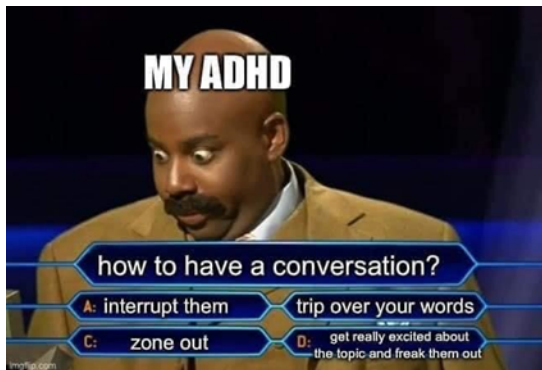
Vagued out during an important conversation with an employer because of that random splotch on the wall that kinda looks like it's a dog but could be a cat

Can think on the fly and problem solve super well

Can hyperfixate on super interesting topics like a beast ie rabies, worldwar 2

Blurting out a random thought or story before realising maybe it wasn't a share at work story

Very creative and can think of solutions and ideas on your feet



ADHDers trying to hold back from interrupting strangers on a topic they just researched last night



one of my biggest faults is that when i ask someone their name I forget to listen to what their name is



Thinking about your current hyperfixation



Realizing you were in the middle of a conversation

