

# Attention Deficit Hyperactivity Disorder

How do I explain ADHD

It's like when a squirrel is climbing up a tree---  
Wow, look at that piece of lint on my sleeve!!!!

What I was talking about, oh a tree

No, it was ADHD

Do I have it

No

I am just irresponsible and lazy and stupid  
When I look at a test my brain starts to decay  
While you look at that same test, you see away  
My mind is racing at 500 miles per hour  
Like The Indiana 500 for Nascar  
Actually, that doesn't match at all

I fail my test because I see a bird and focus on that for ten minutes because it fascinates me  
You see that same bird and look for maybe five seconds because it's just the same bluebird that sits  
on that same branch every day during third period

My parents say

"Get your act together. You are 16!!!"

But they don't understand

Neither do I because when they talk all I see are lips moving

I am staring right at them, but no voices come out

Only a womp womp noise

Like that one that the teacher makes when she talks in Charlie Brown

(BEAT)

It's hard to tell people how I feel

Because what I have isn't considered real

It's an excuse to be lazy and not try

For a while, I believed them

I thought that I was dumb, a disappointment, and a failure  
I tried and tried to work and be perfect like my parents wanted

Instead of studying and being a good student

I would get distracted by the fly in my room or social media

I can't be trusted to be alone or to do anything

Because I will just forget

"Hey I can help out"

"No cause how is this time gonna be different than the last time you said you would help"

It's not my fault though

It's my brain

I don't process things the same as you

(BEAT)

I refuse to hide what I have

No one understands

But I think I finally do

It's ok that I am like this because I am special

I was silenced, but I won't be any more  
I HAVE ADHD AND I AM PROUD OF IT  
(BEAT)

I don't care what you think  
Why should I change my way of thinking to fit your standard of what is right  
I am supposed to take my medicine so that I fit that  
Why would I want to be like everyone else  
When my way of thinking is so much more fun  
I get a variety of fun thoughts and feeling every day  
While you are stuck thinking about one thing  
I am uniquely me and I wouldn't want it any other way  
So what if I fail a couple of tests, forget about some homework, spill the tea because I forgot I wasn't  
supposed to tell anyone

I will not apologize any longer for something I can not control  
There are so many people out in the world just like me  
But no one knows

All of them are scared to speak up  
Because who wants to be known as the special kid  
I am here to tell you that it is ok to be different  
It's better to be rare and uncommon  
There is no one like you

It took me too long to figure that out  
I wish I had someone telling me that it's ok to have ADHD  
Because since I have realized how amazing it is to be the one and only me  
I will never want to be like other people again  
Being normal makes me feel like I am in a group of all of the same color crayon  
All the girls trying to be vsco girls  
Saying and I oop and I oop and sksksksksk(do impression)  
All the guys trying to be fuck-boys

Saying aye ma, let me hit that and sup gurl what's your number(do impression)  
Not surprising but those are the people that make people like me feel like shit for having ADHD  
It feels like heart weighs 100 pounds, my stomach is turning inside out, like my legs are jello, and  
tongue goes dry

To be honest I tried to be like those girls and tried to get with those guys  
Cause I thought that maybe I would be accepted if I was one of them  
I actually became friends with a couple of the girls  
But It didn't work though

People still treated me the same  
They treated me like I was invisible like I was a nobody like I was a black sheep in a field of white  
Even the ones who I thought were my friends, their knives were the ones that hurt my back the most  
(BEAT)

But I am glad that happened because I put in too much effort to be just like them and I hated looking  
at myself every day knowing that this wasn't truly me  
So now I don't try to be them  
I am living my best life because I am just being myself  
I am being my true self, my finsta-self, the person I should have been the whole time  
I have accepted my disability and I am loving it

I HAVE ADHD I HAVE ADHD I HAVE ADHD  
This is me like it or leave it  
Cause I am happy the way I---- (*she is distracted again*)  
AM