

Oh The Irony....

The Ironies of an ADHDer by a Certified ADHD Coach with ADHD

Me

I impulsively say things that may come off wrong

I crave having structure & routine in my daily life

I ramble or go on tangents while telling stories

I am very kind & supportive to others

Also Me

I often misinterpret or take offense to how people say things

It's difficult for me to stick to a consistent routine

I'm frustrated or lose interest when others can't get to the point

I have a very loud inner critic



TURN THE PAIGE

ADHD Coaching & Education for the Unique Mind