

The background of the title is filled with intricate, light yellow decorative swirls and flourishes that frame the text.

10 **MOST** **positive**
Things about
A D H D

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and The Brilliant Reality of ADHD



*Our self-perception, formed from experiences and beliefs, is our reality.
We can change it, enhance it and improve it.*

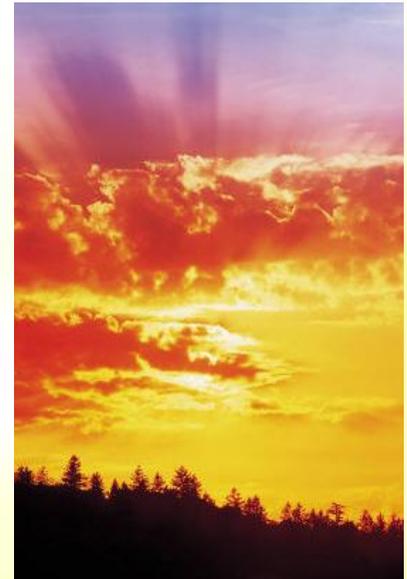
Passion

Passion is energy, it is enthusiasm and it is intuitiveness. Passion is life, it is ever constant. Those are some of the things I define as passion. What drives our desires to do what we love or to be who we want to be? *Passion!*

When ADDers have a passion for something there is no stopping us. It is not just about enjoying a particular hobby or pursuing a goal, but about becoming absorbed in our interests and striving to achieve what we desire. So much so, that we tend to have blinders on to the world around us, disregarding time, delaying responsibilities, and perhaps ignoring the people in our lives. We become engrossed in the activities that bring us joy and fulfillment. While many people are satisfied with traditional rewards of academic excellence, athletic success, or timely promotions, an adder may not find those things fulfilling or interesting. An ADDer may not be recognized for traditional achievement, and thus will pursue the activities for which we feel satisfaction. An ADDer will usually pursue that which interests them, we will try to learn everything we can about it and make every effort to become the best.

Our passion is like our heartbeat, we do not need to monitor it to know it is working, we do not need to hear it, see it or touch it, it's there driving us ever forward, ever seeking, ever desiring and ever hopeful. How else do we think we carry on day to day? It is the reason we always find a way...

It is our Passion.



"The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment." ~Earl Nightingale

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Creativity

Creativity is found in all people, not just those of us with ADHD; however, it does seem that people with ADHD have a way of thinking which makes what we create stand out as unique and distinctive.

My creativity has a direct correlation to my ADHD. As a distracted, daydreaming child I observed things most people tuned out. I imagined things while others paid attention to teachings of logic and reason. I was the go to kid for exploring and campfire stories. In my mind I traveled to distant galaxies and saved planets under siege.

Some think Leonardo Da Vinci had ADHD. He was unique and very creative. Maybe Da Vinci had ADHD, maybe he didn't, what matters is that we are all unique and creative in our own ways. We are not less than anyone else. Maybe we have been punished, criticized and ridiculed, by others and by ourselves, for so long, that we think everything we do is not good enough. It shouldn't be that way and it doesn't have to be that way.

I believe that to be creative is to be human. I admit there was a time I hid my creativity, and thought of it as worthless, but that's before I understood that whatever I create has value *to me!* I don't have to be a Da Vinci, I just want to enjoy being me...

What about you?



Dynamic

I believe that people with ADHD are dynamic by nature. Dynamic people vibrate with energy and exude a kind of poise, which is too often misinterpreted. Being dynamic we receive attention whether we want it or not. We attract attention for good reasons, but usually, though, for not so good reasons. Unfortunately, many dynamic people seem to come across as arrogant and insensitive.

We can take advantage of the dynamic part of our nature, modify it to become a charming and endearing quality. For me, the diagnosis of ADHD was an eye-opening experience, in part, because I learned why I did certain things. Knowing isn't exactly a cure, but it did give me a direction in educating myself about how and why I do things. That's a significant advantage, because my future is open with new insights.

Knowing and understanding my ADHD has given me powerful tools to help utilize my innate ADHD traits in my favor, resourcefully and dynamically turning my once devastating ways into positive attributes.

Improvements didn't happen overnight, I continue to strive to improve, but overall I feel that each and every small step I take forward gives me powerful new advantages that I didn't realize I had before.

And I know that if I can do it, *anyone can!*



Resilient

We are resilient!

We have had to be in order to keep on, keeping on!

The world can be a pretty unforgivable place. If for any reason we can't meet certain standards or expectations we find ourselves at a disadvantage, which could have life long consequences. Yes, there are chances given, but if those chances are not taken in a timely manner, things can become difficult and seem overwhelming.

Even so, we find ways to make it, *just* making it in most cases, but making it. Even without a formal diagnosis of ADHD we find ways to survive and use coping skills to either stay below the radar or to rise above it.

My question is:

What if we take a moment to think about all the coping skills we have learned and used, because we had to in order to get by? If we realize that we have the capability within to somehow cope and survive, then doesn't it stand to reason that we can also learn to do more than simply cope in order to be **happy** and **thrive**?!

No matter where we are in our life, our resilience has brought us this far, and can bring us so much further.



Playful



One of our most charming qualities is our playfulness.

We can be pranksters, jokesters and tricksters, all in good fun, for heartfelt pleasure. We start out this way at a very young age. Sadly, as we grow, if we are punished enough, this playfulness can turn another way, a more wily way, in a manner of self protection. That's why it is so important to consider children's fun-loving behavior as generally age appropriate, and perhaps should be professionally evaluated instead of punished outright.

Even if an extra playful child does not have ADHD, severely punishing such a child repeatedly for their natural, lighthearted mischievousness is a sure way to inhibit their emotional growth and diminish that playfulness within them.

The world has enough problems. I wish for everyone to grow old with a good-natured playfulness. Can you remember the fun and joy you felt playing outside as a child, swinging at the playground, climbing trees, or just being you? Never lose that. It's what keeps us going, knowing we have something special inside which has the power to bring us and others, joyful smiles and laughter.

I tend to think my adventuresome spirit and playfulness, even if considered immature by some, is the best part of living!



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