

## ADHD

By Justin Morrison

Living with ADHD is no different than living without it, except your train of thought is a bull and your brain is a China shop. You can be focusing on some work or

Man I'm hungry

important upcoming project, but all of a sudden the bull crashes into your cabinet. Your focus is an expensive plate and now it is shattered. No worries, there are plenty of more

It really is sunny outside

beautiful pieces of china left. You clean up the shattered pieces and continue to work. The work is going smoothly until you remember that one time you were riding a bike and much like when you first learn to ride a bike, the bull again crashes. This time two tea cups break. They were

What was the name of that song again?

some of your favorite tea cups in the cabinet. No big deal, you grab the dust pan and clean up the mess. You try and scold the bull to prevent it from running through again. The

Man this is really bothering me. I can't remember.

bull seems to understand, so you begin to work again. You are almost to the end when the bull can't help itself and

It was on the radio this morning. How could I forget it already?

crashes through again. This time the bull has done it.

He broke your prized bowl. The beautiful piece you kept

It has to come to me soon. I need to look this up.

on the top shelf. How can you keep working after this?

so you take a break and watch some tv. You promise

you'll return to working in an hour. An hour passes,

AHA! I found it. Wait, this isn't it. Damn it.

but this is a really good show. You promise it will only be another hour. Now you are distracted by your furry animal companion. Much nicer than that bull in

I give up. I'm going to lay down.

your head. However, the bull is still raging, keeping you from your work, destroying more and more in the shop. However, you stop scolding the bull for it is exhausting to tame. It feels as though you have ran a marathon, but you haven't even left your house.