

ACCEPTING MY ADHD

-Sarah Mckimm



Hello everyone,

Today, I want to share a deeply personal reflection on my recent journey as a female counsellor who has just received an ADHD diagnosis. It's a topic that has brought about significant shifts in my self-perception and understanding, and I believe it's important to open up about these experiences.

For the longest time, I struggled with self-criticism. I labeled myself as "stupid," "ditsy," "forgetful," "impulsive," and even "lazy." These harsh judgments clouded my sense of self-worth and left me feeling inadequate. But through extensive research, discussions on social media, and witnessing friends receive their own ADHD diagnoses, I came to a profound realization—I am none of those things. I have ADHD.

Receiving this diagnosis has been a game-changer. It has led me to a place of self-acceptance, liberating me from the burden of self-judgment. Suddenly, life began to make more sense. I could offer myself the patience, compassion, and understanding that I so freely give to others. I began treating myself with the kindness I deserve, squashing my inner critic, and replacing negative thoughts with gentle affirmations. I've learned that I'm not "too much"; I am okay just as I am.

Yet, despite this newfound clarity and self-compassion, I still grapple with the fear of judgment from others. Not everyone will understand the complexities of ADHD, and the Rejection Sensitive Dysphoria (RSD) that often accompanies it adds another layer of challenge. It's a delicate balance—knowing my truth and being authentic while navigating societal perceptions.

The journey through these early stages of self-discovery and diagnosis is not easy. It requires patience, learning, and a willingness to embrace vulnerability. I often find myself at the starting line of this new chapter, with much learning and growth still ahead.

But here's the beautiful part: now that I know, I can navigate life more authentically and confidently. Understanding my ADHD allows me to make sense of my experiences and challenges, empowering me to advocate for myself and others in similar situations.

To anyone reading this who may be on a similar journey of self-discovery or facing their own inner battles, I want to offer reassurance—it's okay to take things one step at a time. Embrace the process of learning and growth, and be gentle with yourself along the way.

I am grateful to be where I am today, armed with newfound knowledge and self-acceptance. As I continue to navigate this path, I look forward to sharing more insights and experiences with you all.

Remember, you are not alone.

With kindness and understanding,

Sarah

