

A Place for Everything September 9th, 2008

I just heard someone give advice for living well with ADD. Maybe its something you've heard before or maybe even aspired to.

“A place for everything and everything in its place.” Everything should have a home, a place to belong.”

I couldn't agree more - except with one little twist.

Every one should have a place where they feel at home, a place where they belong, a place where they feel comfortable in their own skin, a place to be themselves.

This is much more important in the larger scheme of things than knowing where each dish belongs or each piece of paper is filed...Not that that's a bad thing. It only becomes destructive when it takes over as the overriding guiding principle in one's life - especially when one has a brain that makes that kind of life very difficult as a long-term strategy and driving force.

So just do a little reflection from time to time, and make sure that in an effort to control your ADD symptoms, you are not making yourself over to the degree that one of these days you are just going to take your little schedule book or color-coded files and throw them out the window.

Make sure you are not turning yourself inside out and holding yourself together so tightly in an effort to try to adhere to a routine or a non ADD way of being in the world, that you lose the most important thing - you!

Be careful that you aren't so caught up in scheduling and filing and perfect organization that you forget to enjoy your brain and its gifts, to make room in your life for your brain to explore and have fun and discover the amazing things it can do.

Make sure that you have a “place for everything”- everything important to you - your hopes, your dreams, your ideas, your passions,

...And make sure that you live a life where you belong and a life you can call your own.

