

A Raw, Honest Look Into The ADHD Mind

I'm fed up with constantly reading phrases like "you are not broken," because even the word broken immediately places a negative label onto something you are already desperately trying to understand — your mind.

And then comes another question:

"What's wrong with me?"

But who decided what "wrong" even means?

We are all individuals with different minds, different traits, different ways of thinking, processing, feeling and existing in the world. Just because an ADHD brain is wired differently does not automatically make it defective.

In fact, if you really think about it, it works both ways.

A neurotypical person could just as easily ask:

"What's wrong with me because I don't think like they do?"

Difference is not damage.

ADHD is powerful. Incredibly powerful.

And once you truly begin to understand that, you also begin to understand that you are capable of greatness.

Yes, there are traits.

Yes, there are similarities.

Yes, there are struggles.

But they do not have to define your entire life.

Many people with ADHD spend years trying to "figure themselves out." Reading everything. Watching podcasts. Listening to self-help videos. Overthinking every feeling, every reaction, every relationship.

"Who am I?"

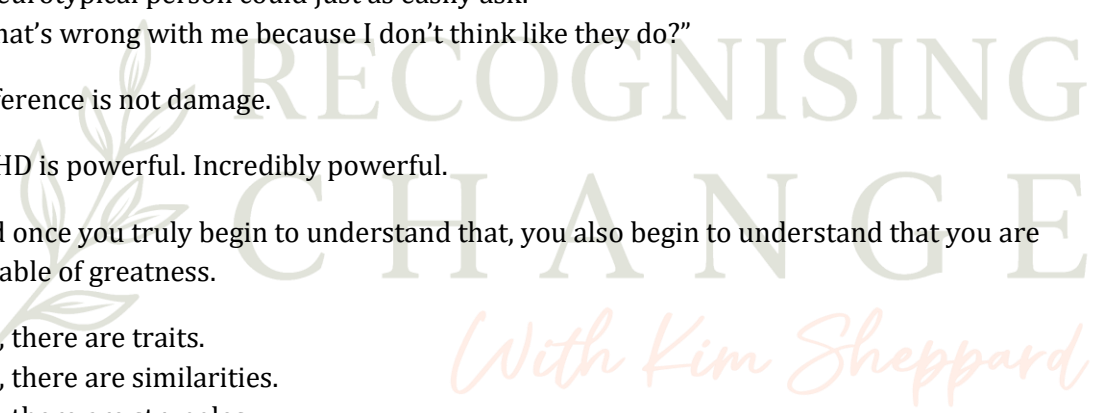
"Why am I like this?"

"What if?"

"If only..."

The mind never stops.

And ironically, in trying to understand yourself, you can end up overwhelming yourself even more.



So many people with ADHD spend years mentally attacking themselves:

“Why do I do this?”

“What if?”

“If only I could stop this.”

“If only I could start that.”

“Why can’t I just be normal?”

The mind becomes exhausting because the questions never stop.

But what if there is actually nothing to fix?

What if the real shift comes when you stop fighting yourself and start understanding that this is simply who you are?

Not a mistake.

Not a failure.

Not broken.

Just you.

The only thing you truly need to do is embrace who you are, because once you stop constantly battling your own mind, your world can begin to feel lighter, calmer and far less frightening.

Sometimes the greatest freedom comes not from changing who you are, but from finally accepting yourself exactly as you are.

I know because I’ve lived it.

And more importantly, I get you because I’ve been there.

I know what it feels like to mentally exhaust yourself with endless questions, overthinking every feeling, every reaction, every possibility, until your own mind becomes overwhelming.

But I’m no longer in that place.

I no longer spend my life suffocating myself with “why,” “what if,” and “if only.”

I have learned to embrace my ADHD, because once you truly begin to understand it, you also begin to understand just how much you are capable of.

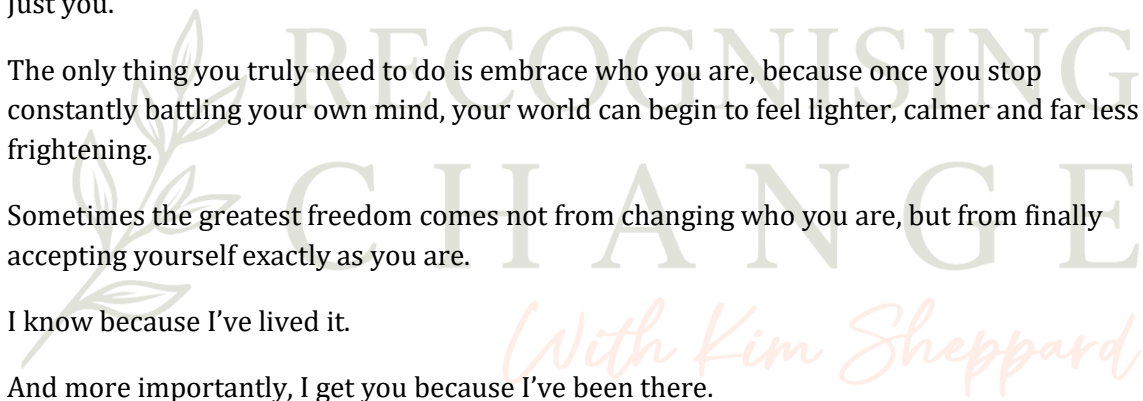
You can excel in life.

You can find clarity.

You can find peace within yourself.

I have.

And honestly, I love being around neurodivergent people because we just get each other.



“I know you’ll interrupt me.”

“I know you’ll fidget.”

“I know your mind will wander.”

“I know you may only hear the parts that truly interest you.”

“I know you might over-explain one minute and go completely quiet the next.”

But I also know this:

Somewhere inside that incredible mind of yours is room for calm.

Behind the racing thoughts, the noise, the overthinking and the constant mental movement, there is still a version of you that can feel grounded, peaceful and understood.

Sometimes all someone really needs is to sit with another person who truly understands the noise in their head without trying to “fix” them.

Because when you finally feel understood, the mind can slowly begin to breathe again.

The Power Inside The ADHD Mind

ADHD has taken me to places I never thought I would reach.

That impulsive “yes” that some of us just cannot help saying has, at times, caused chaos, overwhelm and exhaustion — but it has also opened doors I may never have walked through otherwise.

Some of the greatest moments in my life came from saying yes before I had fully thought things through.

Yes to opportunities.

Yes to risks.

Yes to ideas.

Yes to growth.

Yes to experiences others may have avoided out of fear.

Whilst many ADHD minds battle overthinking and self-doubt internally, there is also something incredibly powerful about the way we throw ourselves into life.

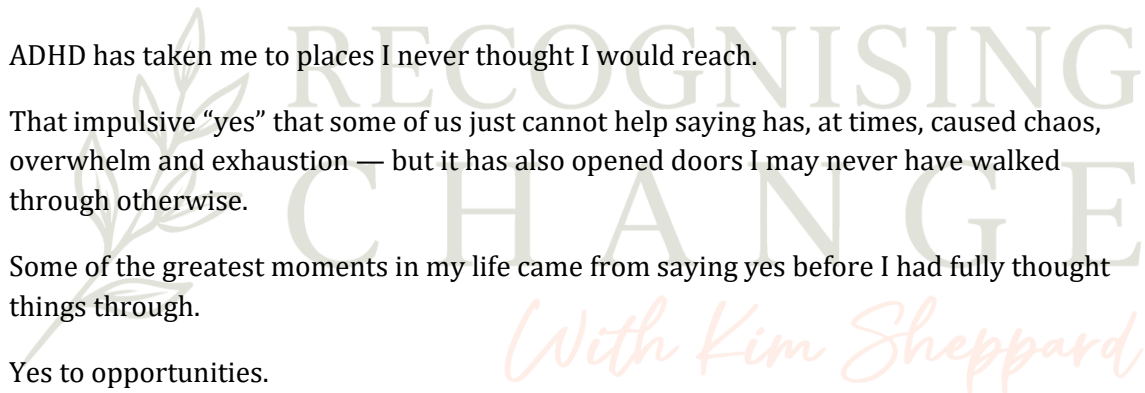
We feel deeply.

We think deeply.

We dream deeply.

And sometimes that very thing society tells us is “too much” becomes the exact reason we succeed.

ADHD has not only challenged me, it has also shaped me.



It has helped me build businesses, connect deeply with people, think creatively, adapt quickly and see the world differently.

So whilst there were years I questioned my mind, I can now also look back and recognise that many of the things I am proudest of came from the very brain I once struggled to understand.

Maybe the goal was never to become someone else.

Maybe the goal was simply to finally understand, accept and work with the mind you already have.

Because once you stop fighting yourself, everything begins to feel lighter.

And when the noise finally quietens, even just a little, you begin to realise something important:

There was never anything wrong with you in the first place.



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