

Poem to describe ADHD - written by Andrea Chesterman-Smith

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Take my hand and come with me,
I want to teach you about ADHD.
I need you to know, I want to explain,
I have a very different brain.
Sights, sounds and thoughts collide,
What to do first? I can't decide.
Please understand I'm not to blame,
I just can't process things the same.
Take my hand and walk with me,
Let me show you about ADHD.

I try to behave, I want to be good,
But I sometimes forget to do as I should.
Walk with me and wear my shoes,
You'll see it's not the way I'd choose.
I do know what I'm supposed to do,
But my brain is slow getting the message through.
Take my hand and talk with me,
I want to tell you about ADHD.

I rarely think before I talk,
I often run when I should walk.
It's hard to get my work done,
My thoughts are outside having fun.
I never know just where to start,
I think with my feelings and see with my heart.
Take my hand and stand by me,
I need you to know about ADHD.

It's hard to explain but I want you to know,
I can't help letting my feelings show.
Sometimes I'm angry, jealous, or sad,
I feel overwhelmed, frustrated, and mad.
I can't concentrate and I lose all my stuff,
I try really hard but it's never enough.
Take my hand and learn with me,
We need to know more about ADHD.

I worry a lot about getting things wrong,
Everything I do takes twice as long.
Everyday is exhausting for me...
Looking through the fog of ADHD.

I'm often so misunderstood,
I would change in a heartbeat if I could.
Take my hand and listen to me,
I want to share a secret about ADHD.

I want you to know there is more to me,
I'm not defined by it, you see.
I'm sensitive, kind and lots of fun.
I'm blamed for things I haven't done.
I'm the most loyal friend you'll ever know,
I just need a chance to let it show.
Take my hand and look at me,
Just forget about the ADHD.

I have real feelings just like you,
The love in my heart is just as true.
I may have a brain that can never rest,
But please understand I'm trying my best.
I want you to know, I need you to see,
I'm more than the label, I am still me.