

I was diagnosed with A. A. A. D. D.

(Age Activated Attention Deficit Disorder)

This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide my car needs washing.

As I start toward the garage, I notice that there is mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car. I lay my car keys down on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first. I take my check book off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Coke that I had been drinking. I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over. I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold. I head toward the kitchen with the Coke a vase of flowers on the counter catches my eye--they need to be watered. I set the Coke down on the counter, and I discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor. So, I set the remote back down on the table, get some towels and wipe up the spill. Then I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, the flowers don't have enough water, there is still only one check in my check book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today,
I'm really baffled because I know I was busy all day long, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it,
but first I'll check my e-mail.

Do me a favour, will you? Forward this message to everyone you know,
because I don't remember to whom it has been sent.

Don't laugh -- if this isn't you yet, your day is coming!

**GROWING OLDER IS MANDATORY. GROWING UP IS OPTIONAL.
LAUGHING AT YOURSELF IS THERAPEUTIC.**