

# Joshua's "Only The Beginning" Observation

**Post by "Pacatus" of January 12, 2022 at 12:50 AM**

Since I have late-diagnosed (very late: 60 or so) ADHD, for me it's a bit of "one thought at a time."

Although that diagnosis was a big relief ("You mean I'm not crazy!?!"), I personally reject the "disorder" in that last D. It's just the way my brain works, a bit outside the area of central tendency on the distribution; it has benefits and drawbacks, that's all. I naturally "hypertext" more than "knuckling down" my mind (which I did for years, to some detriment of my health).

I also cut off some social media (Facebook, some online forums; never tweeted) and have simply and peacefully left some former friends when the relationship became toxic. I feel more peaceful about that reading some of your experiences on here. Thanks.