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## First data bravo own it honors login

A mood disorder is a weird thing. One moment someone can tell a joke and you will be laughing, then shortly afterwards you can withdraw into yourself and everything is grey again. You do your best to hide it from everyone but sometimes, like in this piece I am writing, it simply spills out. "Mood Disorder" writes the GP on her notepad as she makes a referral for me to see a specialist. The thing is, the referral is not for the mood disorder. It's for a neurological condition which is at least partly responsible for the mood disorder. The thing I was being referred to the specialist about is a badly-named condition known as Attention Deficit Hyperactivity Disorder – Inattentive Type. In this piece I am going to introduce you to this form of ADHD and talk about how it has impacted on my life. [If you think this type of reflective writing is self-indulgent, then I suggest you stop reading here. And if you want to use it against me because I'm involved in politics then good luck to you.] Inattentive ADHD, not the can't-sit-still type. It's not that you can't focus at all. You can focus alright, just not always on what you need to focus on. Sometimes the problem is when you get stuck focusing on the wrong things. [Free Download: Your In-Depth Guide to Inattentive ADHD] For people with inattentive ADHD, repetitive tasks become hyper-boring and mentally exhausting to stick with. Yet with the tasks you are interested in, you can barely notice the outside world for eight hours straight. You also have a rubbish working memory. Your long-term memory can be excellent, but your ability to temporarily hold two or three pieces of information in your mind at any one time is limited. If you are typing on your computer and someone asks you to remember to call someone, you will not any one time is limited. 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If you are typing on your computer and someone asks you to remember to call some any one time is limited. memory is all about being good at remembering to remember. The thing about tasks is that they are set to be done at a specific time. "I need to pay this bill when I get home." "I need to pay this b even if I've reminded myself several times I need to put my lunch in my bag before I walk out the door for work, the thought will simply not enter my mind at all. Also with inattentive ADHD you often can have a crappy executive function, i.e., your brain is really bad at directing you through a series of sub-tasks to get the main task complete. It can do each sub-task fine, but there doesn't seem to be anyone in charge in there to lead you through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to this diagnosis the same way most people come to it: way too late and not through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to this diagnosis the same way most people come to it: way too late and not through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to this diagnosis the same way most people come to it: way too late and not through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to this diagnosis the same way most people come to it: way too late and not through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to this diagnosis the same way most people come to it: way too late and not through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to this diagnosis the same way most people come to it: way too late and not through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to this diagnosis the same way most people come to it: way too late and not through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to this diagnosis the same way most people come to it: way too late and not through the steps. [What Inattentive ADHD Looks Like In the (Not So) Wild] I came to the same way most people come to it. is an excellent student, especially when it is a subject Tim finds interesting. Tim needs to apply himself to all subject areas, not just the ones he enjoys. Tim struggles to pay attention in class and hasn't submitted any of his homework on time. Tim shows glimpses of potential, but he really needs to work harder. Tim has failed all his tests and hasn't submitted any of his homework. Somehow Tim has gotten 100% on all his final exams. I'm not sure how he did this given his results last semester. And it continued on the same in university. Failed first year chemical engineering. Got a distinction average despite failing some subjects in environmental science. Failed to submit my Honors Thesis. Got a distinction average in a different Master's degree. And no amount of school counselors, time management courses, GPs, psycho-dynamic therapy, cognitive behavior therapy, and antidepressants would change this roller-coaster. The ADHD wears you down but it's the secondary psychological impact that hits you the hardest. You get judged by your friends, colleagues, teachers, partners and relatives as being weak in character or lazy. And you don't know if they are right. Eventually you believe them. The only honest answer you ever have for giving someone about why you stuffed up is "I don't know". And what makes it worse is that when you fail at a boring task it is because you are weak-willed. People diagnosed with ADHD later on in life, like I was, wear the scars of a lifetime of judgement from failures you could never explain. It's genuinely traumatic. It is big things like forgetting birthdays and people's names and all seven items on the grocery list to bring back from the shops. I have been told by a few specialists recently that without being diagnosed and treated I couldn't have expected to be any more successful in any aspect of my life than I have been. This is incredibly reassuring to know, but in many ways the damage has been done. I know I am bloody good at my job. I know my daughters love me. I know I have wonderful friends around me. But these thoughts are often far too fleeting, as the internal thought processes of a person with zero self-esteem continually reassert themselves. I am certain that my mood disorder takes its roots from dealing with the fallout from the ADHD. Having only recently starting taking ADHD medication it's nice to get a window into way that non-ADHD people live. I feel I live so much more in the present now. The mental exhaustion from a normal day's work has disappeared. I have richer conversations with friends and with my children. And I'm starting to sift out what is me and what is me and what is my ADHD. But there is still a long way to go. I might write more about this. I might not. As I said at the start of this piece, sometimes it all spills out. I'm glad I know about how and why my brain works as it does. It would have been nice to know earlier but I can't help that now. But I'll certainly keep trying to find a way through it all. [Take This Self-Test: Could I Have Inattentive ADHD?] ADDENDUM Shortly after I wrote this, I heard the tragic news that one of my very close friends Eleanor Bloom had passed away from a long and debilitating illness. Eleanor was one of the very small group of people I felt comfortable with confiding in about my ADHD and mood disorder. I know she would have been proud of me for having written this. This post originally appeared on Medium. Republished with permission. Updated on January 28, 2021 We are creating many vector designs in our studio (BSGStudio). The new designs to get closer to a station exit may have saved Erik Bravo, a 34-year-old financial adviser who survived the collapse of an elevated line in Mexico City's subway system that killed 25 people and injured around 80. Bravo said Thursday that he and two colleagues from work were accustomed to taking the Number 12 line home from their jobs. His two friends got off late Monday, as usual, at their stops. Alone, Bravo decided to put on his headphones and use the time before his stop at the Olivos station to walk forward through a couple of subway cars, to be closer to the exit at the end of the platform when he arrived. The move likely kept him from disaster. "You realize that, in some way, you got a second chance, because that could have been you," Bravo said. As his car pulled next to the platform, he felt the train jerk, as if pulled from behind, and shudder to a stop as smoke filled the cabin. A male passenger shouted for people to lie on the floor for safety. "People were desperate, they tried to break the glass, they wanted to open the windows to escape," Bravo recalled. The automatic doors wouldn't open, but a police officer told them that a door was open farther back. Bravo walked toward the back not knowing the last two cars of the subway train had fallen into the rubble of the collapsed elevated rail bed. In one of the last cars still standing on the track, two people lay unconscious on the floor. A little girl was crying. "I saw a man with his two little girls," Bravo said, but he doesn't know what happened to them. Stunned, he walked home. "When I got home ... we began to look at everything that was coming out on the internet," Bravo said. "It was a shock, I had been there. We began to see that people had died, people were missing, wounded, and here I was, unhurt, still here." Authorities say the collapse occurred after a steel beam that held up the elevated line broke. Investigators are now trying to figure out how and why. The line, the subway's newest, stretches far into the city's south side. Like many of the system's dozen subway lines, it runs underground through more central areas of the city of 9 million people but is on elevated concrete structures on the outskirts. Allegations of poor design and construction on the Number 12 line emerged soon after it was inaugurated in 2017 revealed some structural defects that experts say should have resulted in a total closure and complete inspection of the line. Instead, authorities applied some patchwork fixes and re-opened it. While Bravo knew there were cacks and defects, it never occurred to him that it might collapse. "Yes, you knew there were defects, but not that kind of defect that would cause what happened to occur," he said. Most think the tragedy was preventable. "They could have avoided this, if the government had paid attention to the services they provide us," said another regular passenger on the line, Ana María Luna. "But they didn't pay attention to all the reports" of defects, she said. Even with the subway, Luna had to travel for hours to get to her job as a security guard. Since the disaster, her commute has stretched to three hours. The collapse has temporarily closed the subway line, leaving thousands of residents on the south side dependent on bus service. People waited in long lines to board buses Thursday. "Politicians don't care if they do things right or not," said Victor Luna, who was trying to get to his job as a watchman. María Isabel Fuentes, a domestic worker, said the subway's defects had long worried her. "Ever since it opened, it was scary," she said. Because it serves low-income neighborhoods, the line seldom seemed a priority, she said. "We're the same ones who always pay." Bravo has kept busy since his near miss, fixing up an old motorcycle he owns so he can get to work now that the line is out of service. His nights have been sleepless, though, as he reflects on what might have been. "In some way, I feel thankful grateful to someone, something up there, that for some reason decided it wasn't my time," Bravo said.

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