Katherine Ellison: Learning from our ADHD mistakes

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SPEAKERS

Katherine Ellison, Katy Weber

Katy Weber  00:00
Okay, so now you came to your ADHD diagnosis through your Son, like many women in adulthood, and what were some of the signs that you recall, this was back, this was, what 10 years ago at this point, or even longer, oh

Katherine Ellison  00:13
my god more more. I was 40 years old. It was about 16, almost 16 years ago. But I knew something was wrong or off with me most of my life. So when I got the diagnosis, it was like a gift from my son, because suddenly there was a pattern or a logic to my behavior that hadn’t been there before. And I also think it was a gift because I got plugged into so many resources and ways that I could learn about myself that like neurotypical people simply don’t have. There’s, there’s this great literature already now with ADHD where you can think that there’s a lot out there that really helps you live a better life, once you know where to look.

Katy Weber  01:02
Yeah, you know, I’m curious. Having been diagnosed 16 years ago, there’s been such a difference, I think, in just how we view it, even, excuse me, I was diagnosed so So recently, but it just feels like there’s been this, you know, mental health revolution in the last year or two, especially since the pandemic, and you bring into it social media and memes and tick tock videos. I mean, I can’t believe how many women I have interviewed who have come to their ADHD through tic tock.

Katherine Ellison  01:33
Wow, that’s so interesting,

Katy Weber  01:35
right. And so it’s fascinating to me, like, is this a proliferation of diagnoses, because of the situation that we’re in this moment, or is it just a, like, you know, the fact that we’re all living online and finding each other.
sort of collective trauma that we're all have all been experiencing? Basically, since the 2016 election? Or even before? You know, like, we've this has been five years of some serious drama in our nation, you know, do you feel like this is? Do you feel like this is ADHD? Or do you feel like there's something else happening?

Katherine Ellison 02:03
Oh, definitely. There have been enormous increases in the number of people, kids, especially with depression, and other mood disorders. And I think the pandemic really focused us on that. How much I don't know, ADHD numbers have been climbing recently, but they certainly were for a long time. And, and like I mentioned, I think that there is a lot of overdiagnosis, and probably that tick, tock, and other social media might feed into that. But at the same time, there is still under diagnosis, there's a lot of people like you, we just only recently found out that this was the explanation for so much of your behavior. And I think that, especially in classes of people without high incomes, and a lot of good access to medical care, there's a lot of under diagnosis there, too.

Katy Weber 03:00
Yes, absolutely. And I think too, I think we're, you know, I hear from so many women, thankfully, my experience was quite a positive one coming to my diagnosis, but so many women who are sort of told to lower their expectations by their medical providers, you know, it's just depression, it's just anxiety. It's just motherhood.

Katherine Ellison 03:18
Like these are all serious things.

Katy Weber 03:22
But you know, that there's no correlation there at all. And now also in terms of your once you were diagnosed, and that that feeling, you know, like looking through your whole life with this new lens, turning over stones here, left and right. What were what are some of the things that you looked back at your own childhood growing up and thought, Oh, the what the signs were there all.

Katherine Ellison 03:46
along? Well, one thing is, I'm a very anxious person. And anxiety is a comorbidity, common comorbidity with ADHD. And I think that anxiety can stem from so often feeling out of control. And you don't know why. Right? So for instance, when I was younger, you know, foreign correspondent, I walked into a manhole while I was chasing after somebody I wanted to get a quote from and broke my knee, you know, or I once rode my bike into the back of a parked car, that and I just feel like such an idiot. And I didn't realize that there were actually lapses in concentration that were happening. But it's something that I think when they happen to feel like you there's a strong instinct to deny them right to just say, Oh, that was at one time accident, but then they start happening over and over again and you realize there's something going on.

Katy Weber 04:40
Interesting. I can't remember where I first read about it was some of my kind of background research into your how
you became a journalist and you talked about how you would kind of transcribe or you would keep journals have in your childhood that that was sort of how you first got interested in journalism. I found that fascinating

Katherine Ellison 05:02

possible. Yeah, I think that that were there were a bunch of reasons. My I have three siblings who are all doctors. Two of them are psychiatrists, which tells you something about our family. But they all were going into medical school, my dad was a doctor, and they were just marching into medical schools if there was life, no even looking around, and, and I think maybe being the last kid, the youngest kid, I had a little bit more freedom. My dad always said, you know, he would bet me that I’d wind up in medical school, but thank God, because I made some of the mistakes I’ve made in my life, they would have had more serious consequences. But, but I was really drawn to reading and writing, I have shelves filled with journals. And my, my two siblings who did become psychiatrists, they were both English majors for a time and they would feed me books. So I developed that lifelong habit of really learning to read. So all that all that poured into it, and then I think that there was also a certain oppositional defiance disorder that that might have had a, you know, an influence, and I’m gonna necessarily diagnosing that, but just saying that I was very, very anti authority. And so what really drew me to foreign reporting was the fact that when I was growing up, I saw the United States pouring money into all these dictators in Latin America, especially, who were just brutalizing their people and stealing money. And it just outraged me. That was my cause celeb, you know, so I determined that I would get myself down there and write about them, which I was lucky enough to do.

Katy Weber 06:37

Yeah, I’m not surprised that a lot of the jobs that are recommended for people with ADHD journalism is always on there, as well as social worker, you know, that that sense of social justice? I think it’s very strong that empathy that wanting to help others, I think my theory is that it comes from living a child, you know, living a life as a child feeling so fundamentally misunderstood, right, and feeling so much self doubt and feeling a sense of wrongdoing. I guess, you know, in our in our guts, that we tend to want to restore justice on something

Katherine Ellison 07:12

great point. Yeah, I think that’s really true. I think, also, what might be a factor is that a lot of us in those years 60s 70s grew up in families where there was like an authoritarian father. So you rebelling against? I mean, that was my case, for sure.

Katy Weber 07:30

Yeah. Well, yeah, I mean, I had two very, very high achieving older brothers who were went to one of them went to MIT, the other one went to McGill. They were straight A’s scholarship kids. And I came along, and my parents didn’t know what to do with. You know, and so my mother was very much sort of like, well, you can all you know, all of your kids can’t be successful. Like, she just would sort of put me on the head and be like, well, you know, you’ve got street smarts, not book smarts. That’s what she’s. And I think, what really appealed to me about the newspaper environment, the newspaper was that we were all this group of misfits who Yeah, like that. We were all very bright and very quick witted. But all like couldn’t really function in normal elements of society, like getting straight A’s have that kind of thing. And so I think, yeah, I see, I see so much why that that appeals that that devil’s advocate, and yeah, sticking it to the man and rolling up your sleeves. And all of that was so appealing. Yeah.
Katherine Ellison 08:32
I have a good friend who would say that reporters are mostly depressed people who get a dopamine hit out of filing a story. Yeah. So yeah,

Katy Weber 08:43
you know, I do yes, I absolutely see all of that with deadlines and you know, kind of going home and knowing that you've done your job, and then you could come back and what's you know, what's happening tomorrow? It's book writing. I mean, that's what fascinates me how on earth as such a prolific writer, what is, you know, what works for you what structures work for you in terms of being able to continually write books, because that feels like antithetical to the ADHD brain?

Katherine Ellison 09:09
No, you know, in like, my mom, and my older sister, my older sister stopped doing it, and my mom unfortunately, is gone. But they both would tell me all the time that I didn't have ADHD because I was a pretty good student, and I was pretty productive. But I think with girls especially we just, we just develop that anxiety disorder to to work that much harder and to just kind of white knuckle through it. But with books, it's a different thing. I think with books, I write nonfiction. I don't know if I could ever write a novel and keep all the different parts in my head. But with nonfiction, it's I have to tell you, it's actually a pretty easy thing to break it into little chunks, you know, even a memoir with my latest book, it was sort of a memoir and a true crime story, mothers and murders. That was harder. I mean, it was more novelistic because I was weaving a story together of a murder case, and my coming of age as a reporter, but, and there were all these elements and characters. But I think the same rule does apply that the more you break it into bite sized chunks. And the hardest part is figuring out a system to do that. But once you have the system, it's just tasks.

Katy Weber 10:24
And having lots of deadlines from your editor.

Katherine Ellison 10:27
That's right, or myself or super imposed. Deadlines help.

Katy Weber 10:31
Did you feel like you had any sort of undiagnosed learning disorder growing up? Or, you know, was that something you thought about it? Were you just sort of like, this was my quirky self, because I sort of felt like, I don't I, my mother has also passed away. So she's like, the one person I wanted to talk about this with the most, because there was so much that we struggled with, together with me growing up, especially was doing so poorly in school, and, and I always sort of felt like I had looking back I think, like, I had some sort of learning disorder, and why did nobody see those signs? I think I mean, I thought I had maybe dyslexia, or, you know, I felt like I was really easy for me to take copious notes and research when it was like big projects, right? I think about like my honors thesis, I literally flew to Sri Lanka for a summer to do my I was I took political science in university and I wanted to do, you know, I went to university, I'm old enough that there was still wasn't the internet. So we were doing like, you know, researching in the
library, and there just wasn’t any first, you know, there wasn’t enough material for this thesis idea that I had about secession. And so I decided to fly there and do this research project. And I just took notes and interviews and did as much as I possibly could over the four months of my summer, and I came back and I just had this pile, and I didn’t know what to do with it. Like, I just couldn’t organize, though, the information. And I just felt like sometimes you just get too much information. And, and I saw that so much in my schooling, where I would get really, really interested in a topic and really try to learn as much as possible about it, but the output, just I could never get to that part. And then I either wouldn’t hand it in or would hand do a really crappy job and throw something together. And so those are those moments where I look back. And I think, I don’t know what that could have, you know, I didn’t know enough about ADHD or my own brain to even be able to pinpoint, like, what that learning, you know,

Katherine Ellison  12:39
learning disorder, or is it just I think the big thing for me about ADHD is that there’s such a low threshold for boredom. And it’s so exciting to run around, meet new people collect all that information. This the same friend of mine who said the thing about the openings, had this phrase stuck on input, which used in Bose, because the input is so much more fun than the output the output, you’re all alone, right? So it might be something as simple as that, that it just wasn’t as much fun.

Katy Weber  13:10
Yeah, absolutely. And I think about that, too, with accomplishments, you know, how difficult I mean, I’d be curious, you know, what are your thoughts on an imposter syndrome? Or, you know, feeling like you are so highly accomplished? I mean, you’ve got, you’ve won a Pulitzer. And yet, do you feel like, Oh, like that? Yeah, I did that. That’s boring. Now, can we talk about something else? Because, like, I feel like sometimes it’s very difficult to sit with our accomplishments as well, you know, when when you when you’re you managed to do something, you’re on to the next thing immediately. And I That’s my other theory is that I think that’s why we tend to have very low self esteem, because we’re, our own accomplishments tend to immediately become boring for us. Does that make sense?

Katherine Ellison  13:58
Yeah, no, I think that’s a point. And throughout my life, you know, I’m proud of a lot that I’ve accomplished. But I always have my own version of it. Like, I got into Stanford, but I was on a waiting list. I want to pull the two. But I did it with two other people. It wasn’t a real Pulitzer. And so and so in my grandiose moments, I’ll think, Whaow, you know, I deserved that Pulitzer. And then another moments, you know, it’s just like moment, the shameful secret, right? And I don’t know, I think people with ADHD, I mean, if you’ve ever encountered somebody with the beginnings of dementia, unfortunately, and they cover it all the time, right? This in they invest so much energy in pretending that they’re not forgetting things. So I think somewhere along the line, it became a point of pride with me to talk openly about mistakes and humiliating moments, because I could use the fact that I have accomplished some things to normalize them a little bit and make them try to make them a little less shameful for other people. So I will boast about really humiliating stuff. Cringe worthy stuff. Yeah.

Katy Weber  15:09
Well, yeah. And I think, um, you know, and I think that that’s such a wonderful way to, to destigmatize ADHD as well, you know, to, you know, I had somebody DM me recently complaining about the fact that I don’t know if they were complaining or if it was a backhanded comment, but basically, they were saying, you know, your guests are so accomplished, and you all seem so, you know, together, you know, insinuating that we couldn’t possibly have ADHD.
Exactly, no, it’s really right to realize that stigma still exists for so many of us; you know, where, you know, where are the hot messes? And I’m like, oh, believe me, like all this we are? But I feel like that what, this is a good segue to talk about your most recent book, mothers and murderers? Because, you know, that’s the the learning from an error, I guess. Right. I mean, you know, it was sort of an ADHD relatable, impulsive. Mistake, right.

Katherine Ellison 17:39
Yeah. And, and I did learn I mean, it changed my life that actually, if I trace it back, the path that it put me on, which was a different path than I’ve been on, was one that I’ve just absolutely have loved. I think that indirectly led to my meeting my my husband, having the kids going to Latin America, it just, but in the time when we make mistakes, and actually it just did a TED talk about this about what people with ADHD can teach other people coming out of the pandemic, because the message is that we know better than other people, how often everybody makes mistakes, you know, and we know what to do with mistakes better, because we make so many of them. So that you should, if you’re feeling overwhelmed by all the information coming out of the pandemic, you should talk to somebody with ADHD because even if we don’t follow the best advice, we know what it is. So. So the story of mothers and murders is, I made this really, really, really dumb mistake. I basically charged a woman with murder, where she hadn’t been charged in a newspaper article, and she sued us than me in the newspaper for $11 million. And I thought my career was absolutely over. I was just less than two years of working at my first newspaper. And I just felt for sure, I’m going to be blackballed, and have a job and never able to work again, and was a really horrible feeling for quite a long time. But you know, I think that, if you’re lucky with ADHD, you and a lot of this means that you’re able to face things clearly. Because I think the worst thing about making mistakes like this is denying that it happened or blaming somebody else or, you know, or just forgetting it, right? If you impulse to do those things is so strong. So if you are actually able to face your mistakes clearly and know that everybody makes them every minute of every day. You can grow from them. They’re there. They’re here to teach you. So I think that’s what that book was about just the the difficulty but the necessity of looking that mistake clearly in the face and trying to figure out how it happened.

Katy Weber 19:55
I do yeah, I feel like I have talked a lot with some of my guests about great it the ability to really kind of pick yourself up by the bootstraps. And that is something I think that we are quite adept at just Yeah, it’s because I

Katherine Ellison 20:08
don’t know that we don’t know. But all people with ADHD I wouldn’t say like all people with ADHD have the energy or grit. I think a lot of people are wiped out by ADHD, which is one reason that I do talk about this stuff. I mean, the people that you don’t see on the podcasts are people who’ve had crippling anxiety disorders are unable to produce anything, or have just decided that they are indeed a complete failure. And so that’s why this there’s this whole faction of people who will say, ADHD is a gift, right? It’s a superpower. And I think we can get really easily carried away by that. It can be harmful in a way. Yes. Look at the, the, a lot of the things that come with ADHD, like energy and excitement and just interesting Ness are great. But they don’t always come for everyone. And a lot of people are just weighed over by it.

Katy Weber 21:02
Yeah, yeah. And I, I think there has been such an incredible disparity to some of my guests in terms of what accommodations they were given throughout life. And, you know, I’ve noticed that a lot of the women I’ve spoken to who were diagnosed with something like dyslexia, or at another comorbidity, younger in life, and were given those
accommodations had a very different outcome from some of us who, you know, just kind of crashed through our education or, you know, like it really yet it dictates kind of your narratives. And again, like talking to people who, you know, their economic situations are completely different, or if they’re, their family situations were completely like, a lot of this. I feel like, the more I talk about ADHD, the less I understand in terms of is this, when we talk about ADHD, are we talking about the current kind of traits and behaviors that are being exhibited in the moment? Or are we talking about a neurodiversity? You know, a neurodivergent brain that is seeking dopamine and our environment? We’re so are so different, and how we are nurtured are so different. Some of us Yeah, you know, I think it’s it, there’s a lot of privilege in calling it a superpower for sure. When so many people didn’t have that experience, or still aren’t having that experience. And so it, I think we, you know, there’s still so much confusion about even what are we talking about when we talk about ADHD? Are we talking about, you know, what, what behaviors are exhibiting? Or are we talking about the brain behind the behaviors? You know, I think, which, or which book you’re reading, or which expert you’re talking to? Now, what would you say, when you when you talk about ADHD? Or when you sort of think about it? Are you thinking about it, like it’s a in terms of the brain? I mean, that’s what I get a sense when you talk about the dopamine deficiency and the dopamine seeking that this is kind of a genetic, neurotype as opposed to behaviors being exhibited?

Katherine Ellison 23:15

Well, I think the behaviors are the result of what’s going on your brain, right. And there’s, there’s so much research that shows that it’s got a huge genetic component. I think it’s more than schizophrenia, but just a little less than height, you know, in terms of its heritability. And in the book buzz, I talked about my great grandfather, sorry about the dog barking, hoo, hoo, waa, he immigrated from Poland. So he had this restlessness that saved our family, because he got the family out of our and before World War Two, but then he went back to Poland to collect an inheritance and gambled it all the way in Monte Carlo. So I figured he was the original ADHD person in my family tree or, you know, there are probably people before him that I could trace it back to him. And I do have a feeling that my father had some it but you know, when you when you look into this stuff, that you get a genetic predisposition, and then your environment could influence it quite a bit. So I know that there were things in my environment that probably increased it. So there was a lot of stress and conflict when it when I was growing up, we had a very loving family, but a little wacky, too. So I think if you have somebody with a predisposition, who’s raised in a constant calm environment, their behavior might end up being quite different, right?

Katy Weber 24:39

Yeah, absolutely.

Katherine Ellison 24:40

You heard of Steve Hinshaw. No, I will definitely yeah, he’s somebody definitely you should you should look into I did a Washington Post story on girls with ADHD that cites his research, but you might be particularly interested in knowing that his research showed clearly that a lot of girls with high proportion of girls with ADHD go on to attempt suicide to cut themselves to. There’s a lot of really bad outcomes when it’s not diagnosed and not dealt with girls. Yeah, absolutely. And I mean, I certainly feel like I’ve had many conversations about like self medicating, and our you know, proclivity for other addictive behaviors. Eating Disorders. I mean, I certainly Yeah, I struggled with binge eating, and had no idea until my diagnosis that this was extremely common. And yeah, it was fascinating to
kind of think about why and yeah, so yeah, it’s been really interesting and now I have a son and a daughter so it’s been fascinating you know, my daughter’s 14 and my son is 10 so of course I’m like looking at everything they do with a fine tooth comb because I you know, they both are very different and yet I think you know, I see tenants I see their dear divergent tendencies and both of them in so many fascinating ways. But yeah, thank you for that I will look into that. This is sort of I realized that this podcast is my research this is how I this is how I learned best? One question, I like to ask everyone, because I don’t have an answer for it. So it’s kind of unfair that I’m asking everybody else. The if you could rename ADHD to something else, if you had a chance, would you call it something else? Because I feel like so many women especially are are, I think, put off by that acronym and and don’t relate to that on any level in terms of their lived experience.

Katherine Ellison  29:26

What suggestions are you getting? Because I’m not coming to mind? All right.

Katy Weber  29:30

Well, I mean, I think the vast suggestion is great, although my only criticism with bast is that it’s it’s not Google Vastus was put forth in ADHD 2.0 But I don’t think it’s not Halliwell’s original. I don’t think he came up with that acronym, but it’s variable attention stimulus trait. I think the big difference is changing disorder to trait, which I think disorder can be really you know, problematic. And you variable attention as opposed to deficit, you know, it’s still doesn’t, it still doesn’t address the emotional piece, which I think is, you know, not only not in the DSM, but I think for most women, the biggest element is the emotional piece of that, you know, the the rumination and the rejection sensitivity and the difficulty with relationships and feeling like you’re a bad woman, just that the inability to perform mundane domestic tasks, and what that does to your self esteem as a wife and mother, you know, and so I think that, at the end of the day, I, the only thing I can come up with is dopamine deficiency, because really, that, you know, all of these seemingly random struggles that we have, can be kind of traced back to this one, you know, sense of easily bored, and novelty seeking tendencies. And that’s why we don’t want to do the chores. That’s why we don’t want over hungry. That’s why we switch jobs every two years, you know, we have difficulty with authority, like at the end of the day, it always comes back to the dopamine. So that was sort of my, you know, I feel like that would be my, what I would call it. But I don’t know, I’m curious. I just feel like there’s got to be a better way that we could sum this up into a diagnosis that people can women especially can relate to, as opposed to just saying, Oh, you’re just depressed. And then we say, well, the meds aren’t working. And you know, what happened to me was, I was on a depression and anxiety, this cocktail of antidepressants, and they weren’t working. And so my doctor just kept upping the dose, and then I, and then I kept thinking, well, if it’s this bad on the medication, imagine how bad it will be off the medication. And I kind of just fell into that line of thinking for so many years before really, this aha moment of oh, my god, stimulants.

Katherine Ellison  32:08

So they’ve made a big difference.

Katy Weber  32:10

Well, actually, I tried them. And I’m not taking them on any in any regular way now, because I felt like I had actually, you know, have come to a lot of different lifestyle changes that made sense to me like morning exercise, and yeah, and caffeine.
Katherine Ellison 32:31
Caffeine always.

Katy Weber 32:33
Yeah, and so like, I think I've just been able to kind of adjust my behaviors in a way that I haven't really felt like I needed the medication. I do have it in my, in my desk drawer. But it's such a pain and it's so expensive to you know, it's, I don't use it on a daily basis. Because I, I let you know, I think I it doesn't occur to me that I might want it until it's too late in the day for me to take it. For me, that's the great irony, stimulant medication. But I'm also not on an SSRI anymore, either, you know, like that's not on anything for the first time and wow, 20 years. So,

Katherine Ellison 33:15
yeah. Well, the I don't see any shame in taking whatever medication you need. But there's also so much research that's so strongly in favor of exercise, which I think that's one of the few things that has really added to my own resilience, such as it is, I've always been an exercise, I've been addicted to it. And I can't spend a day without doing something. And I definitely feel the effect of my, my brain and ability to think clearly after I've done something aerobic training.

Katy Weber 33:48
Yeah, yeah. And I feel like you articulate so well, that thought process and that journey with medication, you know, for children as a parent and and feeling, you know, like, just the mistrust of the drug companies and mistrust of the people who are working the, you know, the scientists who are being paid by the drug companies, and also the long term effects, you know, and all of that. And so, I really appreciate you kind of going through that. What in your book?

Katherine Ellison 34:15
Well, I really came out on that side of, if it works for you, it's fine there. They seem to be safe. But you know, like you said, there is so much really not great news about the some of the research being done and what drug companies will do that it could reasonably put you off. I think they shoot themselves in the foot, frankly.

Katy Weber 34:37
Yeah, that was a really interesting part. All of this stuff about Chad, I didn't know about that. I hope people are listening and they haven't read their book. They will pause this episode though. Listen to I listened. So it was lovely to hear you read it too. I hope people will go and listen to this great memoir. I'm curious now. It's been it's been 16 years. How is your oldest son doing? He's got to be in his 20s, mid 20s. At this point, right?

Katherine Ellison 35:03
So he's got a fiance, he's got a great job. He's, he seems to be really happy, you know. So that's. So I'm very happy to say that, you know that phrase, you're only as happy as your least happy child. And for a while both of us were pretty
miserable. But yeah, he's a super, super interesting kid. You know, he's the kind of kid who taught himself Russian. And he travels around the world. He's, he's really adventurous. He's his pedigree. Great. And my other son, too. Yeah.

Katy Weber 35:40
Oh, yes. He was delightful, too. Although I kept listening to the book, thinking like, next must have ADHD as well, like, no, no, no. Just because he was, you know, I just think of that schmatta V, you know, I associate that with ADHD, maybe that's my own bias.

Katherine Ellison 36:01
Why don't we just call it that? Right?

Katy Weber 36:03
That's a great name. Actually. That's true. No, and I think I, you know, so much of the adult diagnosis experience is a lot of that grief of feeling like, Oh, if I, you know, so much of my life could have been different if I had no, and so I think it's lovely to watch this younger generation growing up, feeling light and knowing that they are not broken somehow, the way I think so many of so many women I interviewed and so certainly my experience feeling like there was something just wrong with us this whole time. And so it's encouraging.

Katherine Ellison 36:40
Yeah, like I say, I resist the whole, you know, it's a gift. It's a gift kind, of course, but I really do, like the neurodiversity idea that the society needs all kinds of brains. And if we can just find ways to be more comfortable with our own individual way of working, then that's terrific. And we all contribute something.

Katy Weber 37:02
Yeah, absolutely. Right. And that we all are kind of, on this, it's really feel like there's, you know, when you talk about disabilities, the issue is always really about accommodation, you know, the disability is only there because you don't have the accommodation that is made up, you know, and so you can think about that with with neuro divergence as well. I mean, oh, did I do? I mentioned, you talked about the education system in your book, too, which I think is also really another important part of, of parenting, children with ADHD is public, navigating public school, speaking of lack of accommodations, you know, but that how so much of this can so much of our experience would be so different if we were kind of met where we were, I like to think of it as when I explained ADHD to my children, I explained it well, using the example of being left handed, where I say, you know, you're left handed, and you can't cut and everybody says, Well, why not just use the scissors properly, and you don't understand why they're not working. They're working for everybody else. You know, or you're sitting at a desk that's not accommodated for you and your don't understand. Nobody's telling you why this desk feels uncomfortable for you. And you're trying desperately to write with the right hand and you just can't do it. So that's how

Katherine Ellison 38:23
crazy Yeah, it’s crazy that schools just expect kids to be able to sit for hours at a time. You know, just processing one subject after another when so many kids aren’t, they just can’t do it. And it’s misery. I remember just being completely miserable. I mean, I got the work done, but it was torture.

Katy Weber 38:45

Oh, I know. Yeah. And again, I think it’s just getting harder and harder that with the more the bigger the classrooms are and the lack of leverage that showed that teachers have anymore you know, I think the recess is the first thing that’s taken away when somebody is misbehaving which just defeat Yeah. So I think that’s a whole other issue, but I don’t want to keep you any longer. Thank you so much.

Katherine Ellison 39:11

Thank you, kitty. It’s really been interesting to talk with you and good luck with your podcast.