

Marisa Gonzales: Self-acceptance & embracing creative genius...

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SPEAKERS

Katy Weber, Marisa Gonzales



Marisa Gonzales 00:00

I have a lot of ideas. Like I'll talk to someone, and then they'll be like, they'll tell me like one thing about their business. And then I'm like, it's like the floodgates open on my own. Like all the ideas I have. And I'm like, I wish I could get all this information down on paper. It's happening too fast.




Katy Weber 00:20

Hello, and welcome to the women and ADHD podcast. I'm your host, Katy Weber. I was diagnosed with ADHD at the age of 45. And it completely turned my world upside down. I've been looking back at so much of my life, school, jobs, my relationships, all of it with this new lens, and it has been nothing short of overwhelming. I quickly discovered I was not the only woman to have this experience. And now I interview other women who liked me discovered in adulthood they have ADHD and are finally feeling like they understand who they are and how to best lean into their strengths, both professionally and personally. All right, I'd like to share with you this review from a listener named Shanna winks on the Apple podcast platform. It's entitled Wow, so many answers to all the questions. I have recently had my eyes open to the world of what ADHD is. And although I don't have my official diagnosis, I'm 100% positive, I have it. Your podcast is so full of value and revelation from women who truly are just like me, I can't get enough. Thank you for helping me feel finally seen. Well, thank you, Shannon. Thanks. I'm so glad you found the bike asked. And that has been so helpful as you learn more about ADHD and what it looks like in women and those of us socialized as girls. So thank you sincerely for taking the time to write this lovely feedback. Okay, here we are at Episode 113, in which I interview Marissa Gonzalez. Marissa is a visual brand strategist from Kansas, she reached out to me because she started listening to this podcast after her ADHD diagnosis. And these interviews and conversations were life changing for her. So she wanted to help out and give back by sharing her diagnosis story. We talk about her experience with depression and anxiety prior to her diagnosis and how it was her therapist who helped her understand that it might actually be ADHD. We also talk about her multiple career changes over the years and her

journey to self employment and self acceptance. And we talk about creative genius, and how this diagnosis has helped her to lean into her strengths and learn to love her ADHD brain. Enjoy. Marissa, thank you so much for joining me. I'm really excited to hear your story. Thank you so much for reaching out.

 Marisa Gonzales 02:39


Thank you. I'm excited to do this.

 Katy Weber 02:41

Yeah, some of my favorite guests, our guests who have listened to the podcast and reach out and want to tell their story kind of they're inspired by this whole process. And I feel like it's very cathartic to kind of have that full circle moment. How recently were you diagnosed?

 Marisa Gonzales 02:56


A year, year and a half, somewhere around there.

 Katy Weber 02:58

Okay, so it was, you know, post pandemic lockdown craziness. I feel like there's like before pandemic and post pandemic like timelines,

 Marisa Gonzales 03:07

I think so. I mean, yeah, probably was now that I'm thinking about, yeah, probably was around then.

 Katy Weber 03:12

And you were talking to your therapist about some of the symptoms around anxiety or you what was happening in your life specifically, that brought up this whole conversation that you might look at, you know, start looking into ADHD,

 Marisa Gonzales 03:25

I was having a lot of anxiety. I've always been a pretty anxious person. Like, all of my life, I can look back now and still see it. But I was also really depressed at the time. And I wasn't really sure why. I mean, I had a lot of things in my mind, but everything was going good overall, but I was just really depressed. And I could not figure out why. And it was around like the time of COVID. So I don't know if it's that whole, you know, getting everything is shutting down and kind of everything statements in its place, which, honestly, at the beginning, I didn't actually

mind because I'm very introverted. So I was like, Oh, yay, we get to, you know, encourage people to stay home. So, you know, it was, I liked that. But then after a while, my you know, was like, okay, don't like this as much as I thought it was going to. For me, it was the anxiety and then the depression got worse. And then like, at the time, my son was younger, so he was here and I, I was very present, but at the same time, I don't feel like I was appreciative of everything. And I fill up for me, that was a problem. I didn't like feeling that way around him because I felt like I was going to have him, you know, have these memories of me not being happy with him. And I didn't want that because I'm very much happy with him. Or being around him. I enjoy it. It's my favorite time. So I really knew I needed to get help. And I think I've been knowing that even before COVID And I just kept pushing it, pushing it pushing it and then finally I was like, You need to go get help. Like there's no point in trying to suck it up and trying to work it out on your own. Because obviously that hasn't helped.



Katy Weber 05:04

Yeah, right. I mean, I feel like that's a theme that something we talk about a lot on this podcast for those so many of us are diagnosed with depression and or anxiety before even ADHD even surfaces as a concept. And you know, thinking about like, what is it when the depression diagnosis just like, never feels like it fits right? And I had a very similar experience where I was like, why am I depressed? Like, my life is great. I have a wonderful partner, I have healthy children, like, I don't feel like I have specific reasons in my life to be depressed. And then it's almost like, it's one more thing to be depressed about, which is like, Why do I insist on being depressed? Just when evidence is to the contrary. And I think it speaks more to this idea of like, that feeling like, I feel like a bad partner. I feel like a bad mother. I feel like a bad entrepreneur, like, you're an employee. Like there's all of these feelings that come back to like, how a lot of this depression comes from feeling like we're hurting the people in our life, or we're bad, you know, and that there's something we're doing wrong. Yes, definitely.



Marisa Gonzales 06:06

That's, you put a very, you put it perfectly. That's exactly like what was going on in that the way it was feeling?



Katy Weber 06:13

Yeah, right. And then so it's sort of like, it's this, you know, really wanting to get to the bottom of it, and why I get so frustrated when I hear women whose therapists have said, like, let's deal with the depression first. It's like, well, no, there's like, there's a reason why I'm sad. And I'm not saying that depression is always a misdiagnosis. But I think there's just so much more happening under the surface that needs to be addressed. Okay, so was it your therapist who suggested ADHD? Or? Yes,



Marisa Gonzales 06:44

when I was talking to her one day, well, around that time of that, that was kind of when everything was like top, When more women were talking about ADHD and all that stuff. So I kind of heard about it. But then I was talking to her. And I was like, you know, saying like, No, I

kind of heard about it. But then I was talking to her. And I was like, you know, saying, like, No, I don't know why I've always had, you know, the anxiety, I've always had kind of that depression. And I was naming off other symptoms. And so she was like, well, maybe, you know, based on how you're what you're seeing it, you may have ADHD, but she's like, I would go to a young, she's recommended, like the ADHD questionnaire, I can't remember the, from that site, she's like, You should go to that and see how you how you do. And, you know, she's like, You don't have to tell me if you don't want to just, you know, fill out the questionnaire, and then they'll let you know, based on your results, like where you are at. And when I took the test, I was like, all these questions were, like, totally resonating with me. And I'm like, Okay, this is this is scary, but at the same time, this is good, you know, it, so it's kind of that mixed mixed bag of feelings. And then when I got my results, they're like, through the roof. And I was like, oh, you know, I did great on that on a test, but not the tests that I was thinking that I would do good on, you know, type of thing. So, but I just kind of stared at it honestly, for a while. And I was like, wow, this is not what I was expected. But at the same time, it was like it felt it felt right. Like it. I don't know, I like I said, I had to sit there and just kind of think, Okay, this is all this time that I've been having these experiences in my life or this feelings in my head of like, why this or whatever, then this, like, confirmed it for me like, Okay, this this whole time has been an issue, or my issue or, you know, that type of thing.



Katy Weber 08:24

Right? Yeah, I think that speaks to so many of our experiences of having that, that visceral reaction to a diagnosis of ADHD where you're just like, it's a pretty good sign that you're on the right path, when you have that, like, Oh, my God, this is this feels like the answer to so much. Right. And that it speaks to that feeling like something was off, you know, that that something was missing? And that this could actually be the answer and how important it is for us to have that. That identity that label that diagnosis. Because I think that's another thing, especially with therapists that sometimes they would have, they might be reluctant to pathologize is some of the issues in terms of depression and anxiety where they might be like, you know, want to like hold off on on did the diagnosis of ADHD, whereas I feel like for our experience, it's so important that label is so important because it does, it feels like it's the answer, right?



Marisa Gonzales 09:24

Yes, definitely. And well, the good thing too, is like my, my therapist, when I interviewed two different therapists, and I went with the one I'm currently with, and she's amazing, and really the reason I went with her is just because she did make me feel like anything I said, or anything I did was she was judging me, she really did want to help me. And so whenever I talked to her about the ADHD thing, she was like, very open and very, like, very supportive. And then when she was like, you know, after I got my, my answer or my quiz, she was saying, like, you should go talk to your psychiatrist. And I talked to my psychiatrist about it and, and my psychiatrist was like, Yeah, Think based on this and a lot of your other stuff. She's pretty sure you have that. So we went from there.



Katy Weber 10:06

Yeah, I think that's another thing that is important for when you're seeking the right therapy relationship, too is how do you feel heard? Right? And if you have somebody who's like, No, I don't think that's it. I think it's this. I like that's probably a good flow

don't think that's it. I think it's this. Like, that's probably a red flag.

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Marisa Gonzales 10:22

Right? Yeah. I'm thankful I didn't run into that. And I think it's almost because of your show. And then other things I've seen on the internet about, you know, therapists not recognizing the issue and not letting them talk about it. Like that was like to me like, Oh, my God, I hope to God, that never happens to me, because you're already dealing with the next step. And then when you're having your own therapist tell you, No, I think you're wrong. You're like, Okay, I think I know myself pretty well. So yeah, that would have been traumatic.



Katy Weber 10:51

Right? Yeah. I mean, talk about Yeah, or even just going to the doctor's appointment, right? And having that 15 minutes, where you're just like, you feel so rushed, and so dismissed at the best of time. Right? And to have so many times so many women who've really had that experience where the doctor is like, no, no, everybody thinks they have ADHD nowadays, don't be ridiculous. And you're like, Oh, God. You know, if, if you even talk about a doctor's appointment as a traumatic experience, then that's a pretty good sign that you might want to look into ADHD, right? Yes. Once you did the self test, and really started connecting the dots, what were some of the things that you looked back on over the course of your life where you were like, oh, right, the signs were there all

M

Marisa Gonzales 11:34

along? Well, I know like in grade school, I had a speech therapist come in. To this day, I can't remember like, remember bits and pieces of it. I only remember bits and pieces of it. But she I remember her coming to my classroom taking me out of the classroom, and then us going over stuff, but I don't remember what I remember. I know, I didn't care for her. And I don't really know why I didn't care for it. And it was because she was pulling me out of class. So it brings that you know, that extra attention to you of why are they getting out of class type of thing? Where if it's just something I'm not sure, I really wish that I remembered why I did not like that whole situation. Or maybe it wasn't explained to me and that that whole, like, why might Why is this happening type of thing made me you know, confused. And then obviously, I felt upset about it. So that right there was like I said, like in elementary school, and then throughout high school, or even through middle school, I felt like I didn't get a good foundation of some stuff. So it made me not by not having that foundation that made me feel like I was building like a house on sand basically like it. There's a lot of disconnects this connections between various things in the subjects of like, what, especially in math, I disliked it like I liked I'm good with arithmetic, but all the other like geometry, all this other stuff. I'm like, No, thank you. So when I went through high school, I was very much I would say probably on the rebellious side of that because I was not wanting to participate in the things that I did that didn't interest me and like math, and I loved science. Oh my god, I love science. Thankfully, I had some great teachers that were they recognize that? Yes, it took me a little while longer to learn it. But they recognize that I really wanted to know it. So that's something. I think the other thing there too, is what Okay, so I've had multiple careers. So when I switched careers, I went into physical therapy. And when I was taking my courses, that was challenging, because you're learning about the body, you're learning about all these different things, how how the body works, and I

feel like whenever I would go take a test, that was for me like a challenge, because I would know the answers. But when I took the test, it was like, I would go blank. And it took me so much longer to finish those tests. And so I wouldn't end up passing them because it would take me you know, I'd be focusing on this one question for like five minutes. And then if I had a question about the the quiz question or the test question, my teacher was not very helpful with that. I feel like he was almost very, he had tricky questions like, there were like, he could have been read either way. Like it was like a double negative type of question. And when I'd ask him for clarification, he was not helpful at all. So I just feel like that whole time I was struggling and Nate but my professors thought and they actually had me had a talk with me, they're like, You need to go have testing accommodations done, because we think we you know, the information, it just takes you a lot longer to complete the test. So when I went to a therapist, to get tested, he was like, Yeah, you have like a comprehension type of disability. So I'm gonna give you you know, I'm gonna give you accommodations for your classes to have that extra time to take your tests. So for me that was very helpful. Because then after that, I was like, okay, I can do this, you know, like it it really gave me that confidence because I was so stressed at that time I am and like, I was losing weight like crazy, because I was just like, I didn't want to eat. To me, that was like a traumatic time because I was like, didn't know what was going on, I wanted to learn it. But the more I wanted to learn it, the less my brain was like, Hey, let's sit down and read this because my brain was like, Let's go clean instead, because that's more, you know, that's something that you're actually doing. Whereas if you're sitting down and reading, I don't really want to do this, you know, I'd rather do something else. So it was, I think, a combination of that, like not wanting to read the information that I really wanted to know that just the whole aspect of sitting down and reading it, and then also, taking a long time with my tests really helped me determine like, Okay, I could see this this whole time, I just didn't know what it was or what was going on.



Katy Weber 15:43

Right, I totally relate to that idea of like, I love learning. But just don't ask me to explain it back to you. And we talked about this, it was one of my guests, who'd called it like stuck on input, right, this idea of just like, it's the processing of the information, that is the difficult thing, right. And it's also it's also depends on on the testing style, and all of that. And it's so fascinating to learn that you were told that you had like some kind of comprehension, learning disability, right? Because I sort of have always felt like, when I was growing up, I always felt like I had some kind of learning disability because I couldn't understand where I was like, I've been to all the classes, I've done all the reading, I'm in the discussion. I'm doing everything right. And then I sit down to the test. And it's like that moment of panic of just like, I don't know what the answer would be this even something we covered, like just totally panicking. Or that feeling like you said, like, why was it this explained to me in the way that I need it? Right, but not even really being able to articulate like, what you needed in that moment. I think that's super relatable. I also like what you were talking about the childhood where you were like, I didn't know if I You're like I had the speech therapist, and I can't tell you anything about the experience. I could just tell you, I didn't like the therapist, which I think is very relatable to Right. Like, I feel like with books and stuff, like I'll have read a book. I can't tell you anything about the book or movie. But I can just tell you if I liked it or not. Yes,



Marisa Gonzales 17:10

yes. I mean, I actually whenever as I've, I'm becoming more and more like that. Like when I was

younger, I was like I could name off like every detail of a movie. And then now I don't know if it's because my attention span is kids. Exactly. Yes. And I'm like, I don't know, if I've seen that movie and my husband, I'll be like, yes, you have. And I'm like, Okay.



Katy Weber 17:32

I know, right? I feel like that. I don't know, if it's kids or aging or you know, my working memory has gone off a cliff. And I had this similar you know, I there's a lot that I was fascinated with when I was younger that I could have told you, you know all the details about and now I'm like, No, I don't. I just don't have it. Here we are. Yes. I'd like to take a moment to thank better help for sponsoring this podcast. If you're a regular listener of this podcast, you know, I am a big proponent of therapy therapy provides me the best opportunity for verbal processing something that is so important for my kind of brain and my sense of self. What I love about BetterHelp is that it's not a crisis line. It's not self help. It is professional therapy that's done securely online from the comfort of your home. They assess your needs and match you with your own licensed professional therapist, and it's available for clients worldwide. So you get access to a broad range of expertise that might not be available to you locally. It also tends to be more affordable than traditional offline therapy and financial aid is available. If you visit their website and read their testimonials. There are actually quite a few reviews that specifically reference help with ADHD as a special offer for listeners of the women and ADHD podcast, you'll get 10% off your first month, simply sign up at [betterhelp.com/women ADHD](https://betterhelp.com/women-ADHD), that's BetterHelp help.com/women. ADHD, and there's a link in the show notes. This podcast is sponsored by BetterHelp. Now one of the things I thought was like had ADHD written all over it was I was reading an interview that was a it was like a Kansas City magazine interview, where you had said would be what we're going to school, we were like my heart was torn between either design, or being a surgical tech. And I was like only somebody with ADHD could have those two things be sort of similar passions, right? It'd be like, I could do either one of those and how can I possibly choose it just it was it made me laugh? Because I was like, oh, yeah, the signs were there all the look.



Marisa Gonzales 19:30

And I say then that you say that that is true. I didn't even think of it like that. So yeah, those are very, two very different things. But at the same time, I'm like, which one do I go through? Or do you know that type of thing,



Katy Weber 19:40

right? Yeah. Okay, so So you chose design, but then you after a while, decided to go back to school to become a physical therapy assistant. Right. And then you did that for a couple years. And then you were burnout was burnout, but also, you were having like stress and what was going on there?



Marisa Gonzales 20:00

I really was, I was probably in mostly burnout. I remember being in there, I was working in the clinic with the geriatric population, and I loved it. But at the same time, I would come home

come with the general population, and I loved it. But at the same time, I would come home, and the patients that I could not help really stuck out in my mind more, and I would just, like be like, going over in my head over, like, during the night, like, okay, how can I help this patient? And a different way that, you know, like, sometimes it was a financial way, and I'm like, I know, I can't give my money away to everybody, because then then we're not going to be able to, to, you know, pay our own bills type of thing. But it really for me, it was not being able to check, you know, check that part of my, my work at the door type of thing, like, I can't, I couldn't leave it at work. And I know so many people that were able to do that. And I was always just like, so fascinated by that, because I could not step out of that, like, I kind of brought it home with me. And at the time, I didn't realize it really wasn't fair to my husband, because I'd be like, preoccupied with those thoughts of like, okay, how can I do this? How can I do that, or whatever. And, and then after I, we had our son, I knew I really couldn't do that, because it's just, you know, that's a whole different, a whole different experience there. And so, at that time, I a lot of things were kind of happening all at once, like, one of my patients that I had been treating, he had been trading over like several years, or a couple of years, really. And he kept coming back whenever he came back and requested for me to be his therapist. And I adored him. He unfortunately had a, an accident, and he passed away suddenly. And it was like, in that moment, I It tore me open really, I mean, like I was like, but at that time, I was already kind of getting down to the end of my, my line, so to speak of, of therapy or the whole experience. So after he passed away, and I was actually pregnant at the time, it really kind of changed everything and how I saw everything, I don't know, it was very, and I didn't understand why it was happening. And then shortly after that, my my aunt who I was really close to she passed away suddenly. And that was like, the nail in the coffin. I mean, not. I'm not trying to be funny about it. It's just that that's for me how it was like she after she passed away. That was really hard for me. And thankfully at the time, my my boss when I was working in the clinic was very understanding. But I think after that, that just kind of took the wind out of me. And I wasn't able to kind of go back to it. I think also to that. After I had my son I had I didn't know I had PMDD. But yeah, I was suffering from depression, from all the hormones, I was experiencing anything. And I didn't know that until several months later, when I went to the doctor. And they took they took a quiz. I took a quiz on there. And they're like, Yeah, you're really depressed, and I couldn't stop crying. And so around that time, I was just like, I wanted to be around my son more because when I worked in the Medicare system, and when you're working with Medicare or even Medicaid really, you're always there in like your you know, even for holidays and stuff. And then like, my husband and I struggled to have a child for like three years, because I had PCOS. We tried so hard to get in here and then I'm not going to be able to see him I'm like that to me was not something that I felt okay with. So I all of those kind of combination of everything kind of put me into where I'm like I was getting burned out, like each thing was kind of another punch of the face type of thing. Like, I can't take it anymore of like in doing the CSI love it. But at that by that point. It wasn't like a love or something, I had to do what I knew at that moment, like I if I have to do it, I don't want to do it. Because that means that it's taken, like that compassion on everything that I love about helping people it's taken us out of that. And I don't want to be one of those people where they're doing a job, but you can tell they hate it. And I did not want that at all i When I worked with people, I want them to know that I'm truly there for them. And I love what I'm doing. And I didn't want the messy. That other side of I'm just doing this as a job. That's not what I ever wanted for anyone to experience because that really affects the treatment of everything. So actually, before my aunt passed away, she could kind of tell that I was getting burned out. But I didn't really know the way out. So she was like, You should go back to doing design. You should go back, you know, she's like, you're really talented. You should do it. She's always trying to find ways for me to to help her with her designs or my uncle. He was he thinking about doing a consultation type of business and she's like, You should create a logo for him. I mean, she was always trying to get me to do

all these things. And I'd always be like, no, no, you know, I'm not a designer anymore. I don't do that anymore. I was always just like, pushing those ideas away. And I think really is just because I was scared. And after she passed away. Like I said, I rocked my world. And it I don't know her passing made me feel like okay, I need to do something Even with my wife, like, I'm burned out with this, I still, you know, I still want to work, I still need to work. And so I went back to design and I started doing that kind of, I guess now I can think of it maybe as a note to her as far as like, Hey, I'm doing this, let's see where it goes. And I really enjoyed it. And at that time, I was just trying to dabble. And then again, because I wasn't sure if it was something I wanted to do. And so I was cleaning people's logos and stuff like that. But then after a while, when I was I ended up going to a different company. And that was actually in an office, I was thinking it was gonna be less demeaning, and it was not. And so I started really ramping up my business then because I was like, I can't, I don't want to work at this place anymore. And, and there was a mutual feeling, I think, between my my, my ex employer and myself. And so I, when I left, I was like, I'm gonna go, I'm gonna go full time on my business, which worked out because I was, you know, kind of getting more more clients at that time. So I just jumped right in and started my business. And that was all it took all these other things to push me into doing that, because I don't think if, if these other things would have happened, I don't think I would have be doing what I'm doing, I think it would have taken a lot more and thankfully, it didn't lead nothing else had to happen. But those were kind of like those factors that really pushed me into what I'm doing now. And then with this, I was provided more flexibility.



Katy Weber 26:21

It's kind of a double edged sword. Think about, like, so many neurodivergent people, especially women are driven by social justice, right, are driven by doing the right thing, and ended up in careers like social work or, you know, compassionate care careers. And then you end up with compassion fatigue, where it's like, my life is suffering as a result of helping others and like, what do you do with that? Like, you know, as you were talking, I was thinking about this idea of like compartmentalization. Right, and, and how we have a difficulty with filtering information, right, we have a difficulty with prioritizing, we have a difficulty deciding which tasks are important and which aren't. So it makes sense that that would also happen when it comes to emotions and compartmentalizing emotions, and like, they all happen at once. And we feel things so deeply and so much. Like you said, how are people able to compartmentalize in that way? What are some of those skills that need to be like explicitly taught, you know, especially in schooling, you know, when it when you're being trained for these positions, because I think they talk about like, compassion, fatigue, and they talk about burnout, as you know, and this idea of like, God, you know, make sure you have you understand the see the signs, and make sure you get rest and make sure you get exercise, but like, that's not working for a lot of people. Like I think we need a different approach. And I had that same experience with volunteerism, which was like, I was a chronic volunteer, and it burned me out because I was just like, I couldn't volunteer without giving everything. And at some point, I had to just turn off the floodgates and just be like, for my own sake, I cannot volunteer because I know where this leads. But as at the same time, I feel like a terrible human being because I've like who says no to helping people? Like how can I live with myself? By when somebody asked me for help? And I say no. But I'm like, until I can figure out how to have balance around volunteerism, I cannot at this point in my life, do it. I will write you a check. That's all I can do. But I think it comes down to that idea of like, a, like you said, like compartmentalization and just filtering. How do we do that? I don't know. I don't know. Other than just like you said, like, having to kind of step away and say, I have to do something else that is not going to be taxing and hope that the people who can compartmentalize are able to be in this field.

M**Marisa Gonzales 28:42**

Yeah, and you're right, they don't teach that in school. And, and one thing I noticed, especially with the medical field, which made me with this, Luke COVID. And maybe that will help but I don't I doubt it though, unfortunately. But it is very much like yes, you're you are in the healthcare system, but you are. You're just like someone else working like in an office type of thing. And like they don't take into consideration all the people that you're trying to help. The ramifications of those people that are you know, that the feelings that you get from either helping someone or not being able to help someone that does create the emotional load, and they don't feel like the medical system is doing right by the people that are helping those other people. Like it's just like, you can't you know, that whole saying, you can't help someone or you can't care for someone if your cup is empty, you know, and in the medical field, they don't really think of it like that. And I actually had that when I was trying to when I was working in the clinic, I was trying to give go part time so I could still do what I loved, but at the same time have less time there so you can let me like rest and it just wasn't an option. So I feel like they really I hope I hope that they change the way the medical system is as far as you know, like you're right that the whole passion fatigue is very much of an issue and If you're not going to if you want to keep your employees, you know, doctors, therapists, nurses, everything, they need to find a better solution for that, because otherwise they're going to keep dealing with high turnover because people are getting burned out.

**Katy Weber 30:13**

Well, even the narrative is just like, it's a badge of honor to work yourself to the ground, right. Like, you know, it's an even on a lesser, you know, not even just in daily life, I think there's we, you know, this is something I talk about a lot with women on this podcast, too, which is just this idea. Like, as a woman, we are socialized to put ourselves last and to put everybody else before us and to be likable, and to be you behave and all of these things that sort of work in direct opposition to our mental health, you know, and kind of seeing that connection to which is like in care professions, like, the harder you work, and the worse you treat yourself, it's like, the better you are at that job. So moving back to the design and kind of getting back into that field, what is it you would say about your ADHD that your, since your diagnosis that you feel like has really contributed to, to your work? Or just, you know, what do you love about your ADHD?

M**Marisa Gonzales 31:13**

I like, I really liked that, um, I have a lot of ideas. Like, if I'll talk to someone, and then they'll be like, they'll tell me like one thing about their business, and then I'm like, it's like, the floodgates open on my own, like, all the ideas I have, and I'm like, I wish I could get all this information down on paper. It's happening too fast. I can't, you know, so I'm like, trying to think of like, take one out of there. Like, okay, remember this one, I remember this one. And then if we go on and talk about something else, it's gone. So I liked the creativity, creativity aspect of it. I do like that, you know, there's a lot of things that when I do want to learn about something, I really go, you know, I dive deep. And then, you know, who knows when how long it's gonna take for me to get out of that hole, research mode. But I think I liked that both of them because it kind of work off of each other because I like you said before, like, I you'd like to learn I love learning

too. And it's just like, for me, it's like, electrifying for me to learn something new, or something that's really interesting to me. So I think whenever I am learning something, then I'm able to create what I've learned, or at least based on that perspective of it. To me, that's like the best feeling of it, and then being able to kind of hopefully strategize, like how this person needs this, something like that, you know, then I can kind of go from there and kind of create like that timeline, if you will, of like, how things are gonna happen with their business strategy, or their branding strategy more likely, like, like, for me, it's just like, a, it's a great experience. And honestly, whenever I talk to clients, it's very much like they talk about something and I can like, I can see it like in my mind's eye, like, I don't know if a lot of people have that feeling, but like I do, and that's whenever I see that it's like, it's very exciting to me. So I don't know if I've heard a lot of people say that so I feel like that is one thing I really feel like I have



Katy Weber 33:05

I Yeah, it's almost like seeing the seeing everything all the steps all at once. Yeah, well, how do you even describe that? It's like a mental mind map of the present and future all at once. And yeah, no, I know, you're talking about I feel like I get it for other people, but not for myself. For myself. My whole life is a chaotic mess. When it comes to what's what is the next step, but often the you know, I feel like we do talk about that a lot. It was just like, you know, or even, you know, I feel like it that plays in so many different realms of our lives. Like you know, sometimes when I have like the same argument with my husband over and over and over again, where it's like, you just let's just skip steps one through 12 and get to step 13. Because we all know where this is going to land right? Or you like see the writing on the wall. So early on in situations from like, is that an ADHD thing? What's happening there? If it is, that's really interesting. When I was diagnosed with ADHD, it completely turned my world upside down. I looked back at so much of my life, my grades in school, my multiple careers and hobbies, my friendships, my marriage, motherhood, my relationship with food and my body like all of this with a new lens. And it was overwhelming to say the least. If you've been diagnosed with ADHD and you're feeling blown away by this new insight into your brain and how it operates. I totally understand I can help you begin to sort through this chaos, explore who you are and how your brain operates. So you can finally start to lean into your strengths and begin to use them to your advantage moving forward. Together we can work to identify what obstacles you've been facing and create strategies to help you start living a more fulfilling gratifying life head over to women and adhd.com/coaching to book a 30 minute initial consult with me so we can figure out if my brand of one on one coaching is right For you, again, that's women and adhd.com/coaching. And you can find that link in the episode show notes. How would you say your outlook on yourself has changed since your diagnosis in terms of parenting or working? Or I mean, you're self employed. So that's like a whole thing? Yes.



Marisa Gonzales 35:20

I felt like it was okay. With any one that self employed, you know, they're gonna struggle with various things. And then, you know, the whole confidence thing. And I, for me, I've always struggled with confidence. And you can ask any of my former bosses, I mean, like, I did great work, I just, but then I thought, like, oh, you know, I'm not doing good enough, or, you know, I was always really self conscious. So, now that I'm, I'm working for myself, it is, you know, you have those thoughts. So, but then like, trying to reframe them to help me, you know, not be stuck in that that thought process. But really, I think what I've learned most about from being

diagnosis like is now man, I'm trying, I'm working on accepting myself, and not being so hard on myself, because I honestly, before, when I had all these troubles with math, you know, even science, even though I loved it, it made me feel like I was, you know, like, I was stupid. And that was something that I carried with me for a very long time, like, okay, you know, this person is smarter than me than I must be stupid type of thing. And because I didn't really know a lot of people that were challenged like me, like with learning this or learning that or whatever. And so everyone I saw was like, okay, they're smarter, I'm not that smart. And it has taken me a while to really know that, okay, I am smart. And even my therapist was even saying that the other day, she was just like, you've gone through this your whole life not knowing that you had a ADHD, but she's like, look how far you've come. That wasn't just from learning anything, you know, not learning something or, or learning something she was like, it's just like, your gut like, has brought you here, like your determination she's like, and that right, there is something that you should be proud of, you have to work harder to get stuff done, or to do something than someone else who it comes naturally to, as far as you know, doing whatever she's like, you know, that since it takes you a lot longer, or it's harder for you to do something, you should be even more proud of yourself, because you could say, oh, I don't want to do this, and just quit or you, you, but you keep going. So I mean, for me, it's about accepting those challenges and trying to work with them as much as I can. And really, I think it's just trying to really accept the things that have happened in the past that I cannot change, for better or for worse. But now it's more of like, what can I change now? And what can I help? In this instance? I feel like it's just a combination of things. It's like I am trying to be more accepting, there are things I still, I still have trouble with. But in the end, with, like my therapists help, and then me trying to really embrace that, of making those changes, because you know how with an ADHD or you're like, oh, yeah, that sounds great. And then you do it for like, a day or two, and then you go back to your old ways, and you're like, you know, why is this not working? It's because he went back to your old ways. And for me, that's, you know, like a struggle of I want to make these changes, it just takes me longer to make these changes, because I'm, my mind is wanting to do all this other stuff, too. So since being diagnosed, it has helped, because it's, it's given, it's allowed me to give myself grace. And those moments that I may not be showing up as my best self, or that I'm really struggling and being like, you know what, I'm doing the best that I can. That's all I can do in this moment.



Katy Weber 38:37

Right. Wow. I love that. Yeah. You know, it's, it's no surprise to me that this is that this has been called piece of shit syndrome. Because the, you know, I had a similar experience with my therapist where it was like she was I think that when our first conversations about ADHD started, and it took years before she of her gently mentioning it to me before I actually looked into it, but like, you know, I would complain to her constantly about how I was getting nothing done and how I was so lazy, and like I was just so down on myself. And she was always mirroring back to me and being like, how can you talk about yourself like this? Like, all I see from you is like, you started a new business. You wrote a book, you did this, you're like, it's like, you're so you do so much. And yet you come to me and when when and all you do is talk about yourself like you're this piece of trash. And I don't know, it just never landed in that way. Right? how other people see you had and how so much of this, this concept of like, How can I fix this? How can I solve this problem? really starts with that self acceptance and that grace and having a little bit of patience, which is something we're not really great at. But to realize that like, yeah, there are going to be things I struggle with, and there's going to be things I'm great at and that's life Right? And how can I kind of see the big picture in a way that sometimes we lose I remember like doing a journaling exercise with Tasha Post who does ADHD yoga and Part of

her monthly membership she does these guided journaling sessions. And the first time I did when it was like, okay, sit back and think about all the things you did in this past month. And I was like, Are you for real? You want me to list everything I did in the last month. And it was just like, so much like we do so much. It's just insane. And I just was like, Alright, fine, I get what your I see your point here. I'm just like, if anybody's feeling like they're not getting much accomplished. I'm like, sit down and start journaling, all the things you've done in the last month.

M

Marisa Gonzales 40:32

That's a great idea, actually. But that isn't right. Yeah. And actually, I want to do so I do want to say that your podcast has helped me with a lot in the way that when you said that you felt lazy in the past and like that, like that's how I felt too. So now I'm am like, you know what, maybe my brain does need a rest or, you know, I'm not making myself feel like crap, because I don't want to do this or that in that moment. You know, I'll do it later on, or something like that, like that has really helped me to speak to myself differently, instead of thinking that, that negative way about myself,



Katy Weber 41:02

Oh, you're getting real choked up. Because I do I think about like how it has that kind of self acceptance and that grace has affected like, it's affected my marriage, it's affected my parenting, you know, it's just it's I'm like, seriously getting emotional, like thinking about how the dominoes fall right in different directions, depending on your sense of self, and how this diagnosis has really just opened up so much in terms of like, feeling like, I'm not a terrible human being what

M

Marisa Gonzales 41:35

one thing you did say mentioned before about parenting, that knowing this has helped me too, because I know I was raised completely differently, you know, and there's a different generation. And now that I have my own child, I see stuff, like whenever he speaks about something, like he's very outspoken, which I love, because that's exactly how I was when I was younger. And so there's things I can see the similarities, and he may not even have ADHD, but I can see that and recognize it, and approach it definitely that my parents did. And then also, when I'm talking to my therapist, about various things, you know, she'll give me advice about, you know, different things that for me, but then I'll also apply it, you know, to my, to my child, and that has, you know, helped tremendously. I feel like with being more understanding of that, and like helping with my, my temper, like, I feel like I'm more relaxed, and that I'm not like, you know, zero to 100. And, you know, that type of thing. So I feel like it has helped me with the diagnosis and with the therapy that has helped me understand myself better, and therefore I can help my son or help someone else better. Knowing that, you know, my own issues, I guess. Hmm, yeah, absolutely.



Katy Weber 42:51

Just having that language and just kind of understanding what's actually going on. And then

just having that language and just kind of understanding what's actually going on. And then also, like you said, like having just some more tools in your parenting toolbox. I'm having such an clumped moment right now. So now, okay, let's talk about your business too. Because I want to know, I know you are you work in you made website design and graphic design and logos, and how can people find you and work with you. And

M

Marisa Gonzales 43:17

so I kind of what you're saying, I'm actually I'm a visual brand strategist. So I do graphic design, I actually went to school for graphic design. But then I my focus is more in with like, logos, or branding, like the whole, like fonts, colors, all that like the feeling of that you want people to get from your, from your brand. I do a little bit of like the strategy of like how you take your voice, but I don't I'm not a writer, or I can write it just takes me a long time to write. So I always refer out for the writing part if you're if the person struggling with writing. And really, I like I said, I like to do the breathing and all that and then I have the person is able to like we can explore that more in the website and then really expand their story from their branding to the website. So it's like a two piece thing. But if some people can only do or want to do branding, then that's fine, too. I mean, really, either one works, but I really I love that I can work with someone's branding and then go to their website because I feel like you can really see the whole vision of from from their branding to here and then really, really get into the storytelling aspect of of who they are and what what they want to do in their business.



Katy Weber 44:28

I love that you use branding as a verb. I've never heard that before. I think that's perfect.

M

Marisa Gonzales 44:35

I didn't know I did but like you probably do. So. I see it as a verb for me all the time. Yeah, I mean it is I mean it's like a it's not a verb but at the same time it is because you're creating this whole like feeling behind it so yeah, I feel like it is but like I'm on all the socials you know, Instagram, LinkedIn. All of them, Facebook, everything like that. So I mean, I'm at WWW dot Marissa ge studios.com. And Marissa is spelled Ma Ri s a lot of people want to have two S's and I don't,



Katy Weber 45:12

I'll have a link in the show notes too, if people will just want to go there. But yeah, actually, I'm just noticing I misspelled your name on my own note page. So I have to be careful of that. It happens all the time. So really, it's my name is misspelled all the time to Yeah, I

M

Marisa Gonzales 45:26

misspelled your name in the email.



Katy Weber 45:29

Oh, right. That's right. Actually, you know, as I eat doesn't bother you as much as what I get called Kathy. I don't know why it though. It drives me crazy. And I think I don't know if I've told this story on the podcast before but I remember like, talking to my husband when I first met him on like, our first date. I was like, I hate that a Kathy. It drives me crazy. I've been called Kathy my whole life. I've never met a good Kathy. My mother in law's name is Kathy. He's just sitting there smiling, as I'm telling you this whole rampage over the day, because I know many lovely Cathy's, but it was, you know, the you just get like, you just get carried away. Right? And again, I'm like, why he didn't run in that moment? I'll never know. But here we are. And maybe he liked your honesty, you know, obviously, 2020, almost 22 years later, we're still together. So he definitely takes me for all of it. But But yes, in terms of spelling, and I will make sure I have those in the show notes. And now speaking of spelling, see what I did here? What if you could name ADHD? Something else other than that terrible acronym? Would you call it something else?



Marisa Gonzales 46:34

Yes, I would call it probably like a creative genius. Even though, you know, we're challenged by different things that I feel like we're good problem solvers that people don't really usually think about. And so I feel like we're really good at that. Oh, and since we are really known for our creative side, most of us, I feel like that. Yeah, we are creative genius in our own ways,



Katy Weber 46:54

right. Plus, I think I think creative genius also sort of lends to some of the inevitable chaos that comes with everything, right? You know, of like, you picture those images of like, all of the different formulas and equations that are always flying through the air. And I'm like, Yeah, I feel like that most days.



Marisa Gonzales 47:13

Yeah, without without that chaos, I feel like that it would affect your creativity. So I think it all goes hand in hand.



Katy Weber 47:20

Right. And I think that's another part of grace and acceptance that has been really important in my own journey, which is like realizing that you take the you take the good, you take the bad as, as they said, on facts of life, like, there's some things that you know, what all the things that make me creative and passionate and manic energy, and all of that comes with the the exhaustion and the burnout, and some of that stuff that you they can't there's a yin yang relationship there. And so it's made it much easier for me to kind of accept some of the the other things that we I've always looked at as deficits and now I'm like, no, they had their functional. They have a purpose.



Marisa Gonzales 47:58

I love that. Yeah, absolutely. That Yeah, well,



Katy Weber 48:01

this has been so lovely. Thank you so much. Marissa, it's, I've loved hearing your story. And yeah, I think a lot of the stuff that you talked about is going to be deeply relatable. So thank you for coming on and sharing. Thank you so much for inviting me. I really appreciate it. And I'm honored to meet you. Oh, thanks. And there you have it. Thank you for listening. And I really hope you enjoyed this episode of the women and ADHD podcast. Also, you know, we ADHD ears crave feedback. And I would really appreciate hearing from you the listener. If you're a fan of the podcast, please take a moment to leave me a review on Apple podcasts or audible. And if that feels like too much, and I get it, then just take a few seconds right now to give me a five star rating, or share this episode on your own social media to help reach more women who maybe have yet to discover and lean into this gift of neuro divergence. And they may still be struggling and don't even know why. And if you'd like to find out more about me and my one on one coaching for women with ADHD, head over to [women and adhd.com/coaching](https://www.womenandadhd.com/coaching) and you can always find that link in the shownotes. I'll see you next week when I interview another amazing woman who discovered that she is not lazy or crazy or broken. But she has ADHD and she is now on the path to understanding her neurodiversity and finally using this gift to her advantage. Take care till then