

Ellie Hopley: Task paralysis & internalized negative beliefs...

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SPEAKERS

Ellie Hopley, Katy Weber



Katy Weber 00:00

Awesome. Okay, so let's get started. How did you first find out you had ADHD and kind of what led up to your diagnosis? What were some of the signs and how did you? How did you get there?



Ellie Hopley 00:12

Well, I got diagnosed, I think it was maybe about two months ago now by a psychiatrist. Um, originally, I got diagnosed with BPD. This was maybe six ish months ago now. But it kind of didn't really feel like that for me. I mean, there's like some ADHD and some BPD things are like they intertwine with each other. But I'm sorry, I kind of got off track there. Basically, why I thought that I had ADHD is because I am non stop moving. Hi, pa talking. I don't listen. ever forget everything. I'm super sensitive. My emotions everywhere. I really unorganized. All of those things that associate with ADHD is what I am.



Katy Weber 01:15

Mm hmm.



Ellie Hopley 01:15

So after getting the diagnosis, I was kind of just like, yes, that is me. Like 100% I don't know, everything that I read about ADHD was me. So.



Katy Weber 01:32

So was your BPD diagnosis. Was that kind of pandemic related? Or was that something that you sort of had felt for a long time? Um, yeah,



Ellie Hopley 01:41

no, that was something that I had been failing for a long time. I originally got diagnosed with generalized anxiety disorder when I was maybe around 22. Which definitely fit with me. But I knew there was something like deeper, something more than that going on. And I guess, I didn't really think about ADHD as being something to do with like, your emotions and things like that. So I didn't really ever think that I had that. Because when you think about ADHD, it's kind of just like, someone that's like, really annoying, which is like me, but there's also, like, always moving and talking, which is like, 5% of what is actually like, the things that we actually have to deal with, I guess.



Katy Weber 02:34

Yeah, I saw a tweet recently, that was basically like, oftentimes ADHD is diagnosed. In reaction to how much of an inconvenience you are to the people around you. Like, oh, yeah, for sure. Much. especially kids, right? I mean, we talked about like boys who are diagnosed with so much more frequency because they are disruptive in school. And it's the, it's the females that, you know, are the traditionally like, well behaved spacey ones and the ones who are off or do delay. Yeah. Which I want to ask you about, too. But you know, that you're not being you know, we tend to be so much less disruptive in our childhood. Yeah. And get kind of brushed under the rug. Yeah, totally. But I, I definitely thought I had bipolar. You know, my therapist recommended ADHD to me years ago. And I didn't know anything about it. So of course, I thought, you know, ADHD is hyperactive little boys and didn't relate to at all. But I was pretty sure I had bipolar because of the like, intense mood swings. And just that, like the manic activity followed by like, utter exhaustion and depression. And so of course, like, that's it I definitely thought until I researched ADHD and understood it more. I thought for sure that that was more my issue, but I was also diagnosed with depression and anxiety.



Ellie Hopley 04:02

Yeah, I think I didn't realize like, until I've read about ADHD, like, the bad I'm out. I'm not allowed to swear on here. I'm assuming that bad of course. The Yeah, like the shit side of it. I mean, I love that I'm really like energetic and excited and fun, and all of that sound creative and all of that. But it's also comes with being like, really depressed, overwhelmed, feeling like lazy and that everyone thinks I'm dumb. And I'm just unable to do all these things that other people think is so easy, and I'm just like, why can't I do that? And I think that's like, when I read about all of that. I was like, that is exactly how I feel like that is Yeah, it's crazy.



Katy Weber 04:56

So how did you start even researching ADHD? Was it Like relatable memes that started popping up in your Instagram feed like the rest of us. Yeah, kind of



Ellie Hopley 05:06

I mean, I've always my dad is like the ABA. Like, if you watched my dad for like five minutes, he is just non stop moving like he can't sit down. When I FaceTime him, he's like, you know, he's not paying attention. And I always just thought, like, oh, why can't you just, like, just focus on me. And now that I'm older, I realized that that is literally me, like, I am my dad in every way. And I guess, when I got diagnosed with BPD, maybe I do have that, but it just didn't feel like it fit. And when I was in the psychiatrist appointment, talking about it, and like, just having a normal appointment, she was like, I've noticed that you've taken off your rings and put them all back on, like six times, you've looked at all of my books, you've looked at all of the drawings on the wall, and I'm like, Oh, yeah, like, that's me. She's like, let's talk about ADHD. And I was like, Yep, definitely, in my partner even, like, at nighttime, she's just always like, Can you just stay still? My, I can't, you know, and it's. So there's just heaps of different things where I'm like, I definitely, I know. I knew that I had it the whole time. But I didn't realize I guess that all the other stuff that I thought was depression or anxiety or all the other things. I didn't realize that that was actually could be part of my ADHD as well.



Katy Weber 06:44

Yeah, I think so much of that diagnosis journey to is kind of unpacking, like, how much of these seeming comorbidities are actually comorbidities? Or are they just miss miss diagnoses? And how, you know, and how much of these are a result of the trauma of not being diagnosed? As opposed to kind of all you know, I'm always curious with

comorbidities, because so many of them just seem like other darts that were thrown at the wall at some point. So now, what's since your diagnosis Have you had what was your parents reaction?

E

Ellie Hopley 07:19

Um, well, I told my mom and she was definitely like, yep. Make sense? Like, my partner? Yeah, my friends. Yeah. I mean, no one was very surprised by it. And, um, I started medication pretty much straight away. And ever since then, it's really just changed my life, like dramatically. It's just really made me realize that I definitely, definitely have ADHD. What medication are you on? Right now I am on Ritalin. which at first I was a bit nervous about. I don't know. I just feel like, it just reminds me of like little naughty kids at school. Just like being in the classroom. I didn't want to be like, not myself anymore. I was really scared that it was going to take away my energy and my, like, fun creative side, but it literally just helps me be able to do anything. Like, I'm still me, but I'm just able to get things done and not get so overwhelmed by everything. Like I usually would.



Katy Weber 08:31

Yeah, that's a great description of that feeling. Yeah, I was terrified to try medication because I thought I was going to be I thought I was just going to be more amplified. You know, like, I thought I was taking a stimulant, just the term stimulant to me just felt like okay, is it gonna be like, when I have a third cup of coffee? Yeah, I'm just like zingy. Yeah, you know, and I just didn't want to be I felt like I was like, I don't want to feel like I'm on cocaine all the time. It was the exact opposite experience. My brain was like, Okay, let's turn everything.

E

Ellie Hopley 08:58

When I when I first had my first ever tablet, medication, it was literally like, my brain just became empty. And like, I was able, I was just like watching TV. And usually I'd be watching TV, scrolling on Instagram, you know, thinking of a million things, blah, blah, blah, but I was just doing one thing. And like, that in itself was just like, Whoa, everything's so quiet. And I can like, actually think and enjoy the things that I'm doing instead of thinking of a billion other things at the same time, it just feels like my head is finally clear. Whereas usually it's just absolutely full of, I literally don't even know like, just yeah, it's crazy crazy.



Katy Weber 09:49

So now looking back at your childhood and growing up, what are some of the things that some of the signs that you're like, oh, my god, that was ADHD all along and nobody had any idea Yeah,

E

Ellie Hopley 10:01

um, well, interestingly, when I was talking to the psychiatrists about it, she was like, what were you like in school? And I was like, Well, I was actually really good. Like, when I was younger. In school, I wasn't naughty or disruptive or anything like that. But I was so active. And I was just constantly stimulated. So I feel like I wasn't, there wasn't really an opportunity for me to be. What's the word? Like, bored? I guess. So. back then. Like, if you look at school, usually, kids would say that they're always distracting the class and all those kinds of things. But I was never like that. But on the other hand, I was always super, super emotional, way more emotional than any of my siblings. I've got three sisters, I was always the one crying. I was always the one like, tickling my sisters. And my parents would always say you just never know when to stop. You just always keep going. You never stop. And so I was just like, really full on. But I think no one really recognized that as being anything except for just being I don't know, a sensitive kid. So I didn't really yeah, obviously never got diagnosed when I was a kid, because I think it kind of got missed there.



Katy Weber 11:29

Cuz I wasn't super crazy. Looking back. Do you think any of your siblings also have ADHD?

E

Ellie Hopley 11:38

Um, I don't know. I feel like when I remember my childhood, it was just always, oh, this is Ellie. She's the sensitive one. Or you know, like, this is Ellie. If we play this song, she's going to cry, and everyone will kind of like laugh and be like, oh, Ellie, she's so I was just so up and down. Like, like I said, I thought I might have had bipolar, like growing up because I was just, I would cry, and then I'd be laughing. The next minute. It was just my I couldn't regulate my emotions at all. And I was talking to my mom about that the other day. And she was like, actually, that makes so much sense. Like, I was always just going too far with my sisters. I would always like make them cry, because I just would not stop. None of my sisters were like that. It was just me.



Katy Weber 12:29

Yeah, I have two older brothers. And I haven't decided one of them. I'm pretty sure has it. But like, I just felt like as you know, as soon as you're diagnosed, I feel like you just like go through your whole family tree. And you're like, going over everything that they do with a fine tooth comb being like, is that it? Yeah.

E

Ellie Hopley 12:43

Yeah, I mean, I don't know. They could do my dad for sure. Without a doubt. My mom, even potentially, I don't know. It could be all of us. Who knows?



Katy Weber 12:56

Yeah. And I also I didn't mean to, like, come out to anybody really, it just kind of accidentally happened because I got so excited. And I started this podcast to start interviewing other women because I wanted to find out if other women were having the same experience that I was having, because my mind was just blown. And I wanted to have I wanted to ask other people. And I needed a platform to do that. So I was like, oh, I'll start this podcast. So I have an excuse to like, reach out to women and have intentional conversations with them without sounding creepy. But then, and then, so then I kind of like suddenly I was out about it. And suddenly I was like, Oh, that's Katie. She has she has this diagnosis of ADHD. And I think even the term diagnosis like I was always amazed at the responses I would get from people sometimes, like so many people who are like, I'm so sorry. Like, I had just told them I had a terminal illness. And it's been like so frustrating. I've stopped trying to even talk about it anymore with most people, like, relatives and stuff like that, because I feel like people some people don't understand that. I definitely. There's such like, yeah, there's such a chasm between people like who have ADHD who are diagnosed and like, get it, you know, and you're like, Oh, my God, you are my people. And then there's like, far other sect of people who just really have no idea and they sort of feel like Oh, you've been diagnosed with some sort of crippling learning disability. How can I help you? Like you don't you don't get me flat? I feel like an angry teenager.

E

Ellie Hopley 14:26

Like when I found your like, when I got diagnosed, I was just like, trying to find I don't know. I feel like women and men are so different in the way that their ADHD comes across and like when I listened to your podcast for the first time I was honestly like, Oh, my God, like I don't listen to podcast because obviously I just don't have the patience or the I'm like on to the next thing I just can't sit there and listen to anything really. But because it was so like spot on every single one except for The ones about parenting because I don't have

kids. But every single one, I'm like, Oh my god, this is me. I listen to the whole thing. I told my fiance to listen, please listen to this when you're driving home, so you can, you know, understand, it's just so crazy how I felt like sane. I felt like, wow, I'm not the only person that feels like this.



Katy Weber 15:22

Yeah, and you start to realize like how much you've been holding in, in terms of like, shame and like how over certain behaviors how hard



Ellie Hopley 15:30

we have to let compared to? Well, I don't want to say normal person. But like, we have to go above and beyond to just do the simplest task. And I feel like people just don't see that. They don't understand that. So it's just so nice to hear everyone else's stories. And I just love that you've made this podcast for people like me. And for people like us. It's just so good. I love it.



Katy Weber 16:00

Oh, that's awesome. Well, thank you. So, um, so talk to me about your art career and kind of how that started. How shut up started, because it's how long has it been? Yeah, how long has it been a business, but also kind of how did your journey with art start?



Ellie Hopley 17:25

Okay, well, it's been about six years since I started it. At the start, it was kind of just like, a place for me to draw, like my feelings and stuff. And I just made like a random Instagram account to post it and the name Shut up, literally couldn't think of anything else at the time. And now here we are, and I can't change it. So that's fun. But yeah, it was really just like a what I was going through a really hard time mentally. And it was kind of just my outlet. It was the only thing that I really enjoyed. It was the only thing that I like, could focus on doing, I suppose. And every job that I've had, I've never enjoyed it, or hasn't been interesting enough for me to, like, care about it, or just, I don't know, I just felt like I wasn't doing anything with my life. And yeah, over time, people just started, I guess, relating to the drawings that I was doing. And I was just being myself and sharing the ups and downs of life and all of that stuff. And eventually it kind of just turned into a massive thing that I did not plan. And it's literally the best thing I've ever done because I'm doing what I love, which is doodling and making clothes that are fun and not boring. And that's my job now.

It's just like, actually crazy. I don't know how it happened.



Katy Weber 19:02

I love that. I think that's so I think that's so telling. Because I think a lot of the time we tend to feel like success is the result of really, really hard work. Yeah. And like not to imply that you don't work hard, because I'm sure you do. If you're an entrepreneur, like that, there's that that like the success isn't fun, you know, or like doing the thing that is fun and that you love is not going to eventually lead to an income or comfortableness like we always sort of assume that we have to be doing something harder or like working harder doing something and like sometimes like you know when I think of this podcast for instance, like I'm like this is a hobby for me and it's like actually starting to now make me money and then to sort of like how is like it doesn't compute for me that I could that this could happen because I'm like no like fun things don't actually amount to yet income.



Ellie Hopley 20:00

Well, that's what I thought through like I was when I obviously I just didn't ever think that this would be my job. But I guess it just proves that you can really just do anything if I don't know, I feel like these days, the world is full of way more opportunities. There's just like, I don't know, it's I don't know how to put my words together here. But I don't know, all I can say is that I just did not expect this to happen. But I am so so so grateful, because I would literally hate working in any other job. It's just not for me. So, hopefully, I'll do this forever.



Katy Weber 20:46

I'm curious. Now, because I know you mentioned in another interview, I read that like you had started shutter but a difficult time. And it's been like, I imagine quite cathartic, this whole journey for you. Like, it's and I know, you've been really relatively recently diagnosed, but like, how do you feel like you How has your self awareness or your kind of self image changed for you since this diagnosis? Or has it



Ellie Hopley 21:16

um, I feel like, I understand myself now. Like, I kind of felt like I was just nuts. Like, I, I felt like nobody. I feel like, on my Instagram, and this is I think this is why a lot of people follow me is because I am really, truly just being myself all the time. Like, I'm just, you know, I get up in the morning, and I videoing myself talking with the most, the worst outfit, no makeup hair everywhere. I just don't care. And I now that I've been diagnosed with ADHD, I don't

feel ashamed of it. When, for example, and I don't want to I don't mean to be disrespectful to anybody with BPD or anything else. But I just didn't feel comfortable talking about BPD. Because I just felt like it wasn't me, even though I may have it. I'm not saying I don't. But I feel like ADHD is just so easy for me to just go Yep. Okay, I've got that. And I'm proud of it. And I'm just gonna be myself and embrace who I am. The ups and the downs. And I think I sharing the ups and the downs is super important. And since I've got this diagnosis, I really want to be more open about that. Because I guess I never actually knew what was wrong with me. So now that I do, it's kind of easier for me to understand what's happening in my brain. And it's easier for me to for other people around me and my family and the people that I love to understand why I am how I am. And I feel like I just didn't even ask you a question just then.



Katy Weber 23:13

No, I think you did. And you brought up such an interesting point. It doesn't matter, we'll just keep going. Don't worry that this is all about rambling. We go all over the place of this podcast. But like, I know but I you brought up such an interesting point too about like feeling like the diagnosis never fit, you know, and like I certainly felt like that when I was diagnosed with depression in back in university. And then again, after I had a baby, you know, and I was diagnosed with postpartum depression, and then I was diagnosed with postpartum depression and postpartum anxiety. And I was always sort of like, never felt like that was the correct diagnosis, but also sort of felt like Well, I'm such a mess, who am I to? Yeah, you know, question this. But it's interesting like that we kind of can that some of that shame stems from, like, not really even understanding the diagnose the diagnosis, because ultimately, it's a misdiagnosis, right, and so always kind of feeling like that you can't like own it, or be open about it. And, and we are such like open books in general, like I remember like always talking very openly about postpartum depression. And I always would be very open about the fact that I was on various cocktails of antidepressants, and people always look at me like, Wow, you're so brave for talking about that. And I'm sorry, I never felt brave. I just was like, I was just like, like, Why? Why would I be embarrassed about that? But you're right, like this is the this diagnosis is the first time that I've really have felt like, all the pieces fit right like yeah, and like, Oh my god, everything in my whole life makes sense. why it was so overwhelming to look back and just be like, how do all of these seemingly random issues that I've had in my life for as long as I can remember all stem, like all come back to this one neat little diagnosis like I mean, it's obviously not a neat little diagnose crazy, the long list of like all of the different factors and comorbidities and characteristics go on forever. But it still felt like yeah, for the first time I felt like oh, finally, this is yes, this feels right. Yeah. Because I used to always feel like, I used to always feel like why am I depressed? I have like a relatively good life. Like, I never sort of felt like, I always felt bad about being depressed. And, yeah, like, why I'm just a whiner.



Ellie Hopley 25:48

Yeah, I literally always thought I was. And my family would say, You're always winning, you're always you know, and I'm like, but that's actually how I feel like I can't. And I like since being an adult, having to do like, adult tasks is just so hard for me. Like, my partner. I've been with her for six years. And she's like, just the best, like, she does everything she can. She's just so organized. You know, like, she's just her. It feels like her brain just has like all these shells in it. And it's just even her drawers are so neat. And everything's just so and I'm just the complete opposite. And like, I think we've really actually struggled like as partners because of that, you know, she didn't really understand why she'd come home and the dishwasher still wasn't done. You know, for example, and and I wouldn't have an explanation except for I just can't do it. Like, why? I don't know, I want to. And I guess like, all of those little things are what makes it so hard. And what people I guess without ADHD don't realize how hard it actually is to do the smallest of jobs. And then when you do a job, you're like, Where's my medal? Then there's no medal.



Katy Weber 27:21

Yeah. No, you're right. That is a really good point. It's because some, you know, we talk about dopamine, we talk about not wanting to do boring tasks, right? And then the answer to that, from a neurotypical perspective would be like, well, just for Christ's sake, just do it. Right. Yeah, just do it. And it's sort of like, the thing that I think a lot of people don't understand is that it's not that you're just sort of have this childlike temper tantrum where you're refusing to do it, because it's boring. Goddamnit. Like, there's like a literal paralysis that is happening.



Ellie Hopley 27:51

It's like running a marathon or something. It's like, Oh, I actually can't do that.



Katy Weber 27:56

Right. And I think that's really difficult to describe, because it's like, you sort of fundamentally believed that you're being lazy and that you really could do it if you if you really wanted to, you could do it. And so what the fuck is wrong with me that I can't do it? Right. So there's always a sense of, like, how do I even describe that to somebody I've found, you know, I also believe I've internalized that belief and that stigma that, that there's something that you know, I'm just being lazy. And I've only recently been able to, like really kind of pinpoint in the moment, when I'm, when it isn't, like I'm incapable of doing things where I'm just like, it's not like, I've chosen to not do it in order to do other

things. Like there is like a literal paralysis that's happening there, where it's like, I I'm obsessing over that thing. But I'm still not doing it. Yeah. And, and it's like, it's almost like you're hovering over yourself, like, you know, having like an out of body experience.

E

Ellie Hopley 28:53

Yeah. And another thing that I really struggle with is when people are talking to me, and I'm not interested, I it's really hard for me to just actually pretend that I care. I just am not listening and it's really rude, but I can't help it. And like that's another thing that I really struggle with. Like if I'm if something's boring to me, there's nothing anyone can do to make me interested. It's just not gonna happen. You know, like, social skills and like people skills my partner is she's got like a good job where she's always you know, talking to people and it's really professional and stuff like that. And you just have to like pretend I guess to like, be interested in like smiling and yeah, Wow, amazing. No, I can't do that.



Katy Weber 29:46

Yeah, I just turn up. I have a really really hard time pretending to like people. Yeah, if I'm not that into them, and like so I'm like, either like super into you and like I come in hot, or is the opposite where like, I just sort of shut off And shut down. And it was always funny to me when people are like, you're quiet Aren't you are like, you know, people were responding to it as as like how quiet I am. And I'm always sort of like, I'm not quiet. I just don't want Yeah. Yeah, yeah, but I have a tendency to like I, you know, I do you have a tendency to kind of pull away from people as a result of like, you know, like, we talk a lot about how difficult it is to, like, maintain relationships with and maintain friendships with people, because we're sort of always it's that out of sight, out of mind, issue where it's like, we're really bad at like checking in on people have birthdays and stuff like that. And so and then, you know, when it hasn't been a lot, or when it's been long enough that you haven't checked in on the person, then you feel terrible. And so then you kind of pull away because you're like, I'm such an awful person, I will, I will save you from the awfulness that is me, by removing myself from our relationship. And like, I've noticed recently that I have, like, I'm either I'm all in, or I'm just like, I see where this is going. No, yeah.

E

Ellie Hopley 31:08

And I just, like, ask questions, like, if I'm interested, and I, and then I feel so bad, because I come across as rude. And I'm not a rude person. I'm not a mean person, but I literally just can't pretend to care.



Katy Weber 31:25

Right? Well, yeah. And that's why it's like, I think a lot of our mental real estate is taken up by asking ourselves, like, maybe I am an asshole, like, I'm doing, you know, I think that this is a terrible thing to do. And I can't not do it. So like, what is the difference between me and an asshole? Like, I'm always asking those questions. Like, okay, so So then, rather than talking about what assholes we are, let's, let's talk about what you love about your ADHD. What are some things now looking back that you just feel like because you know, they you said that like, there's, there's ways in which you can kind of look at it as this as being debilitating, but also like it you really need to credit it for pretty much every amazing stroke of insight and are especially with I'm sure with your art like I feel like I credit ADHD with pretty much every wonderful thing I've done in my life. Yeah, for sure. Like,



Ellie Hopley 34:21

I love my energy, my creativity, if I want want to do something, I'll do it like straight away, like the lack of patience, I guess is good in a way cuz I just do it. If I really want it, I'll just do it. And I guess like, when I come up with designs for shirts, or merch or whatever I'm making, it's always super quick. Like I just don't think about things deeply, which obviously can be bad in some situations, but if I'm taking the positives out of it, that is It's definitely a positive thing, because everything I do is super quick. And I'm like really fast, you know, and I'm fun. I'm excited. You know, I feel like when I'm in a good mood, I want to share that with my followers. And people really love that because I don't know, I'm just being my crazy self. And if I didn't have ADHD, I wouldn't be like that. So I like I like all of those things about myself. I wouldn't be me without it. So,



Katy Weber 35:35

yeah, that is a sort of a nice side to the impulsivity element of ADHD like that. I find that like, I don't tend to mull things over because I'm so impulsive. And I'm so impatient. And so I do feel like I go with my gut a lot of the time, for better for worse. Yeah, I don't have a choice. But it's not like I can sit down and analyze. Like I, you know, I just like forge ahead with a lot of things, which is the total opposite of like, the paralysis that you're talking about, which is, like, why I don't get it. It's so weird. I know. Right? So so many anomalies. But like, I remember the very first time my very first car I ever bought, I walked onto the lot and was basically like, I would like a used car and I want it to be a stick shift. And they were literally like, we have one on the lot. And I said, Alright, I'll take it. And the guy was like, I know, the guy was like, Well, do you want to take it for a test drive? And I was like, Oh, right. Okay, fine. We'll take it for a test drive. And then we took it for a test drive. And I was like, Okay, let's take all day again. Like I was like, I didn't even know what I was

supposed to be looking for. It drives it's great. It has a key and yeah. But I was so terrible with money, that I had no downpayment or anything. Like I literally, I can't, like I laugh now, me and my 20s. But like I just walked in, and I didn't know anything about what it was like to buy a car. I did not hope or hyper focus on that at all. I just like walked in. And then they asked me if I had any money to put down and I was like, nope. And they still sold it to me. Yeah, cuz, you know, the interest rate, I'm sure was ridiculous. But like, I just think of like, so many major purchases I've made in my life based on no thinking other than, like, this is what you do. This is what you do. When you're a grown up, you do this thing you buy this.



Ellie Hopley 37:31

And literally the perfect example of that right now is I just bought another dog. And there was one left. And I was like, yeah, I'll take it. And my, like, should we go and see it? And I'm like, yeah, you know, well in store it like, I'm still getting it. That's my brain already decided, you know. And now I'm like, frantically trying to get like a bed and a crate and all this stuff. It's coming tomorrow. Why am I like this. But it's fun. I feel like we're always something's always happening. We're always keeping it fresh, keeping it fun. Right.



Katy Weber 38:15

And then And then again, on the flip side, there's other things where I will be interested in it. And then I will completely like spend hours and hours and hours researching it. You know, like, once you adopt the dog, then I will spend the next 48 hours watching YouTube videos on how to train the



Ellie Hopley 38:33

dog because I've been doing literally all this morning. Yeah, I've written a list on the fridge, all of this stuff. And like if it was anything else now, I wouldn't get it. But there's one thing I'm like, this is what we have to do. We need this, this this, this, I've watched this video, blah, blah, blah, fi this page rah rah. But if it was something else, like, I don't know, gardening could not care less. You know, right. So I guess it's good. And it's bad.



Katy Weber 39:05

It's true. Although I just I like I feel like I have more of a sense of humor about it now. Well, yeah, you can kind of recognize it in the moment. Like, I remember my husband the other day, I was agonizing over something ridiculous. And I was just like, Oh, my day is gonna be

ruined, because I'm gonna be thinking over this thing that I'm not gonna get the answer for. And he was like, just don't think about it. And like, buddy, I know, right? I was like, that's the funniest thing I've heard in a long time. Just don't think about it. Okay. Why didn't you mention it before? So yeah, I feel like it's, it's so much easier to like, recognize the absurdity of comments like that in the moment, as opposed to I think in the in before my diagnosis, I probably would have been like, you're right. Yeah, I should stop thinking about it. I'm going to, I'm going to listen to a book about maybe there's some podcasts about not thinking about it. I should do that. I'm going to be the best person and not thinking about it that you'll ever like I would obsess over not thinking about it. Yeah. Oh, God. Yeah, and so when you were talking about your partner too, I felt like that was a huge shift for me with my incredibly confident husband was sort of like, I never understood why he was with me. I made perfect sense to me why I was with him. He did all of these things I couldn't do and he was basically like the adult. Yeah, and I couldn't understand why he was with me because I was like, I didn't realize how little I valued what I brought to our relationship until I was diagnosed and could kind of start thinking about like, Oh, these are these are actually strengths like these are things this is what I bring excitement I bring, you know, flair. Like, I'm like, what, and look at me, I'm a cat, as opposed to like, all those other years where I used to be like, God, how how it must suck to be in love with somebody and then to listen to them constantly, like undervalue themselves and to always be like, why do you like me? Why do you like me? just be like, God, you're so annoying. Literally, that's the same. Do you feel like an adult because I remember I feel like I've read a lot about people with ADHD just sort of feel like they never grew up. And I'm really relate to that a lot of the times, I

E

Ellie Hopley 41:12

definitely feel like a kid. And yeah, it's an ongoing joke, you know, that my partner Teagan has a child at home. And it's funny, but sometimes I'm like, I'm an I'm 28. You know, like, I, I have my own business, I can drive a car, I can do all these things. I'm just a bit clumsy or I don't know the word is you kind of have to like pay attention to me in case I do something super irrational, you know,



Katy Weber 41:42

or I think maybe I just sort of always assumed that adulthood would be like a sense of peace and a sense of like, competence and control. And like that, once you were an adult, you would look around and be like, I know what I'm doing. And that's just never happened. So no one has that ever.



Ellie Hopley 42:01

No one knows what they're doing. Everyone's just pretending. Even the smart people that are all serious. No one knows. It's all just, everyone's just like going along and pretending they know what they're doing. And then we die. And that's it. It's funny. I think everyone should just chill out.



Katy Weber 43:00

So now the term ADHD I like to ask if you ever think of if you could rename it, what would you name it to? Did you think about less problematic acronym stressed about thinking about it? Because I couldn't. I know, I feel like I need to stop asking people that question. Because I can't think of anything at all. Like I'm that's why I asked people because I'm like, maybe someday somebody will come up with something that'll be really cool. And I've gotten so many interesting answers. But I personally, still don't feel like I relate to any of them.



Ellie Hopley 43:32

I definitely like on some other podcasts that you've done. Other interviews when people talk about how it's like you're in the car, but you're not driving.



Katy Weber 43:45

I remember that. Yeah,



Ellie Hopley 43:46

definitely. A super relatable thing. Like I feel like I, I'm kind of in control of some parts of what I'm doing. And then like, on the other hand, I just have done something and it's too late. It's already happened. And now I have to deal with the consequences of what I've done. But it's just the impatience and the what's the word wages? Do something. impulsivity, like I'm so impulsive and so impatient that I don't even have a second to think about what's going to happen after that. So yeah, that driving being in the car not driving, if that could be a replacement for ADHD is a bit long, but that's probably my best option.



Katy Weber 44:41

I like that It reminds me of like a recurring anxiety dream I've always had, which is I'm

driving in a car and then all of a sudden the steering wheel comes off the dashboard in my hands. And then like Next thing I know like there's no floor of the car and like I'm in basically a go kart and like all the car just like the doors start falling away. And then everything's falling away. And I'm just like sitting on the steering wheel. Yeah, that's it. Right? Or you're just like no brakes, no brakes. So that's also where can people find shut up? I mean, I know you've got your Instagram and yeah, use what do you sell? You do sell prints as well as I sell



Ellie Hopley 45:23

prints. My website is just shut up calm. Sh ut URP. There's an R in there, because shut up was taken. And yeah.



Katy Weber 45:34

All right. Well, thank you again. It was lovely to meet you.