

# Carrington Bruton: SPECT brain imaging & late diagnosis auti...

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## SPEAKERS

Carrington Bruton, Katy Weber

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Katy Weber 00:00

But you have a really fascinating story in terms of your diagnosis that I know from, you've shared a little bit in your tic tock videos, but kind of walk me through like, what? What was happening in your life when you first started to put the pieces together and think that this might be ADHD?



Carrington Bruton 00:18

Yeah, so my story's interesting. And I've listened to your podcast and I know everyone has this amazing story about what made them think it was ADHD. And my story is the opposite in that I didn't go into pursuing a diagnosis thinking that I had ADHD. I got um, SPECT scan imaging done with Dr. Daniel, amen. And I went into it thinking, okay, so I know I'm gonna come out and be told that I've got OCD, I know that I know, I'm gonna come out being told that I am depressed. I know that. But um, I walked out with four diagnoses, and found out that I had ADHD primarily inattentive, and also that I'm autistic. So I, I didn't go into it thinking like, Oh, this is ADHD. As a matter of fact, I listened to his book on Audible, and the chapter on ADHD right over my head. I was just like, Oh, that's interesting. Some people have that not me. But some people, like have that. So I was actually completely shocked to learn that I had ADHD, but you know, upon looking at the symptoms, and all of that, upon going into hyperfocus about it like we do, after learning that I had it, everything made sense. I mean, my entire life flashed before my eyes and made sense, right?



Katy Weber 01:29

Yeah, it is. It's incredible. Okay, so tell me more about these the tests and the scans. Like what you just you just saw you you hurt. Okay, so I remember you, you read you listen to his book, and you were just like, This is amazing. I want to go to Chicago and do these tests, or do you live in Chicago or



Carrington Bruton 01:48


I live about an hour outside of Chicago. I'm in the south suburbs. And but actually watch this YouTuber, her name is Kinsey Elizabeth. And she's really open about her struggles with mental health. And she was reading this book. And I was like, I need to read it. You know, not only do I really relate to her, but I've also been super interested my entire life in the workings of the brain. And, and I think it makes me really self aware. And that's how I knew something was going on. I was like, okay, so I know how brains are supposed to work. I don't think that mind works, but maybe I should look into it. So she mentioned reading the book. Of course, I downloaded it, guzzled it up. And I was like, I need to find one of these Amen Clinics. So I took to Google and of course, there was one in Chicago, which was amazing. So I made my appointment. And they shoot you up with this lovely die. And and which was terrifying for me because I hate needles. But this was it really felt life or death for me to, you know, go into it and come up with some answers for once in my life. And so they do they take all these pictures of your brain at work. So I did be I'm not sure if you're familiar with the test that they have you take where they give you instructions about when to press the Spacebar as things pop up on your computer screen and when to not press the spacebar. So I was so incredibly bored during taking that test because inattentive, and I remember getting my results and my doctors like, um, were you really bored. When you were taking this test? I was like, oh my god, I was so bored. She's like, Yeah, that's called ADHD. Um, you have it. That's, um, that's what I remember about the ADHD testing. I just remember being really bored. So yeah. Know what happened. And I was actually again, like, I could not have been more shocked to come out with these extra two diagnoses. But again, doing research and like, oh my god, I'm so autistic. This makes so much sense. But apparently, I have trouble recognizing facial expressions. I did not know that. I think that I'm getting a really self aware person. And I think that I'm aware of other people. And I just I didn't know that that was an issue that I had. And I guess I would be someone who has if we were still using the terminology, Asperger or Asperger's. And so I think maybe that's why it hasn't felt like it's hindered me my entire life. But I had no idea that I had such tremendous issue with looking at a picture of someone and saying, This is what they're feeling. I thought I was good at it, like you paid entire life. So, um, I think that was the big marker there. And then also, I love routine. And my ADHD hates routine, but my autism loves it. And so there were different things like that. There's, you know, the interview that you have to go through and your family and friends have to get asked tons of questions about your day to day and lots of rigidity and love of routine and then the trouble with identifying emotions on other people's faces, but also alexithymia like, I have trouble identifying my own emotions sometimes. I'm like, I feel Yeah, I'm like, I'm fine. And that's always like my go to, even in therapy, my doctors like, Okay, this is a chart. What out of these things are you feeling? If you just like, ah, that one, it takes me a minute to kind of identify what it is that I'm feeling. And that's an autism trait. So




Katy Weber 05:21

interesting. Yeah, we do PT, I've heard of the, you know, the term interoception. And that kind of inability to really tune into what exactly is happening in your body. And I certainly relate to a lot of that, especially when it comes to, you know, feeling rage out of nowhere, seemingly out of nowhere, and really kind of having to dig deep and, like, what, what was happening, because usually, it's 12 Little things that have all been sort of happening over the course of a long period of time that finally erupt. And we just really like don't pay it. Like, it's not even. It's really

just yeah, not registering, it doesn't register in some way. Yeah, I'm not articulating it very well. I'm curious, as you know, you're an actor has, what kind of like, Insight has this given to you into this chosen profession, because I feel like there must be some really interesting personality or interesting parallels between, like acting and taking on roles, you know, and taking on personalities and masking and some of the ways in which we sort of have the, you know, we tie talk, I have a lot of conversations on this podcast about like, the difference between our external persona and our internal persona, and I feel like as an actor, that must be really pronounced.

 Carrington Bruton 06:44

Yeah, um, it's so funny, because I'm actually going to film with seven tiktoks After this interview, and there's one that I really want to film. And it's like, people like you. And she's like, No, people, like the curated version, bring to each individual conversate. And I'm like, That's so spot on. Um, but yeah, I feel like as far as things making sense in life, again, after realizing what alexithymia is, and it made sense to me why every acting teachers always like, you just can't feel what you're feeling. Are you angry? And I'm like, Yeah, I'm angry. And they're like, angry at what? I'm like, at like, eight, do you look angry in 3d. And so just that made sense to me. And I think that it enables me to be more gentle with myself and stop telling myself that I'm talented, talentless, because you know that that downward spiral can take effect really quick, and we're really hard on ourselves. And I think it comes from the rest of the world being hard on us. And so I think learning that I had ADHD and that I was autistic, helps me be gentle with myself and just expect different things out of me. I've got my own set of unique experiences that I can bring to the table. And but I can't quite fake the other ones. And I get to stop trying to be something that I'm not. And, and then as far as the different inner in different outer personas? Um, I don't know I would. I'm definitely an introvert, for sure. But I think sometimes I've been trained to ambivert territory, where when it's time to show up and be on and be bubbly, I can totally do that with the best of them. And then I get in my car, and I'm like I need that moment to, you know, take a step back, but I wouldn't say that I'm like pretending or I guess it is masking though. But I wouldn't say that I'm pretending I just think that I'm being just a different extension of who I am. Yeah,

 Katy Weber 08:46

I get that. I mean, I feel like that's another conversation. I have a lot which is the am I am I an extrovert or an introvert question, because I'm the same I love to perform. I love public speaking. And like, I have, you know, I have no issues with you know, being on a stage. But I also, you know, I require a lot of alone alone time and a lot of downtime. And yeah, I think this diagnosis has just like you said, like, allowed me to have a lot more grace and kindness when it comes to spending 24 hours straight lying in bed staring at a wall. Because I don't think of myself as being like, a failure at life anymore. It's really just like, Oh, I'm recharging.

 Carrington Bruton 09:30

I'm decompressing I'm recharging. I need this. Yeah, yeah.





Katy Weber 13:36

So now what are some things looking back since your diagnoses, you know, looking back over your childhood and your life growing up where you were just like, holy crap, the signs were there all along.



Carrington Bruton 13:48

Yeah. And I remember getting marks on my report card about being targeted. Because I've always been really, it's funny, I'm an introvert at heart, but I can be really sociable. I love talking to people. I've never met a stranger. So I've got marks on my report card about that. And for a long time, I was really good about keeping my room in order. And then some, you know, flip was switched or switch was flipped and room became a disaster book, you know, bookbag disaster, so really messy, and I've never been very forgetful. I don't, and that trade is turned down for me. And what else though? I was horrible at math, because it bores me to tears. I just could not. It wasn't stimulating to me. And so I just wasn't getting it. So I was just listening to an episode that you did a couple or a few episodes ago, early October. And we were talking about how we have that inconsistency where we're getting A's in the things that we love. And then we're getting like D's and F's in the things that we are that bore us and that was definitely my experience. And same thing with choreography. I did cheerleading and Dance, and I just was always, I couldn't quite, you know, I've watched and then I would think that I have it and then I'm like, Okay, I forgot, or like my body just won't do the thing. Um, and then I think the biggest thing is that feeling of and I think this is really prominent in adults with ADHD, that feeling of everyone else has it together, and I am a hot mess, perpetual hot mess, I think that's been the biggest thing for me, and is the feeling of lack of direction. And just like, I don't know how to adult, I'm now understanding that a lot of that is due to executive dysfunction and just being under stimulated in the things that stimulate a lot of other people. Or maybe they're not even finding them stimulating, but they can just move themselves to do the things. And I'm just again, I have a lot more grace with myself.



Katy Weber 15:53

And now what was your family's reaction, because that must have been, you know, a big, a big mental health bomb to drop.



Carrington Bruton 16:03

Definitely shocking to me, um, I have people in my life. So clearly, I'm black. And there is a lot of, like taboo around mental health. And so, I think my family is in the process of unlearning all of that, and it's a lot of your, like, unconditional or deconditioning. Um, and so they love me, and I'm in family therapy with my mom and my sister, and we are working through some issues then we've had for as long as I can remember. But, you know, now I'm learning that a lot of that has to do with ADHD. And a lot of that is just, it's just, it comes down to a difference in the workings of our brains. So we're working through some things, I definitely have people in my life that love me, and I have some people, I've got some really great friends who are super gracious whenever I text them back, or haven't reached out and weeks. Um, so yeah, I've got it, I've got a kind of support system. I think, for me, I've always been really independent, though, as well. Don't feel like I require a ton of other people. And I think that maybe comes

down to the autism as well, just kind of being a lone wolf by nature. And I think as long as I understand what's going on, and I'm doing the best that I can to take care of me and show it for myself, I'm okay. Like, I kind of don't put that on other people. And so it's, you know, man, it's kind of, like Whoever understands, understands, and I appreciate that. And then if you don't understand or if you refuse to understand, that's gonna be okay with me to, like, I'm still going to be alright.



Katy Weber 17:44

That's one thing, I'm really grateful for the pandemic. You know, in terms of the forced isolation, it's really, you know, I felt like I had a lot of that feminine, you know, I've talked to we talk a lot about like, having how we have a lot of difficulty with female relationships, and like, I spent so much of my life kind of feeling like gregarious, and, and the funny one, and like, oh, you know, the performer and I felt like I would have these relationships, but then always really, like, fundamentally feel very lonely. And that there was only like, uh, you know, a very, very small group of people, basically, my, my husband and my kids and my one friend from university, like, you know, that I felt an unconditional attachment to but like, generally always feeling very lonely and, and feeling a sense of FOMO. And, and I think it really sort of took my diagnosis and a lot of that self reflection and a lot of the understanding, sort of why I, you know, had difficulty with relationships. It's also helped me like, feel like, I don't need more than just those few people. Right. It's the loneliness was coming from a sense that of how I felt like I should have way more close connections, and that I could be okay. With temporal momentary, you know, igniting conversations that are like really intense, and then, you know, and then you're on your way, and that you kind of like these ships crashing in the night.



Carrington Bruton 19:19

We're both going in different directions,



Katy Weber 19:21

right? Yeah. And I just kind of was like, you know, what, I'm just gonna go with the flow and just accept that, you know, what relationships can offer in the moment and I've realized, like, a lot of my sense of loneliness was coming from what I thought I should be doing and like you said, like, there's when you when you let go of that when you let go of feeling like I should be any other way than who I am. It's so freeing.



Carrington Bruton 19:45

100% And I think that I think I've got like, I can count on one hand, like the people who I consider and my sister is one of them. She's my best friend. And so I've got like four other people that I feel like I can go to and I don't always feel like I'm the best Friends, those people and so I feel like I'm always apologizing profusely, but at the same time, it's just, I don't know, I think it teaches the people in your life something about compassion and humanity as well. And so I think it's a gift to all. And then also, I don't think that I could keep up with more than that many close friendships, I just, it would drain me. And I would be like, if I had to apologize to 37

people about not showing up for our friendship, I think it would be the end of me. So I'm like, I'm good. With my four or five close friends. I can't really handle more than that. I'm just not built that way. So I'm, I feel like I'm content in the intimate relationships department as far as friendships going. And again, I missus difficult, because I think we want to be understood. That's just fundamental for any human. But I'm just I'm so I've gotten to the point after, you know, after you go, I'm 29. So after you go virtually 30 years, feeling misunderstood. I think that there's the shift that happens. But I just feel like I've gotten to a point where instead of trying to convince people or persuade people, or even educate people, um, I would rather I need to use that energy to take care of myself. And so yeah, that's, that's kind of more I don't know, I'm, I want to be really careful. Because I understand that there are people who are doing, you know, their version of, of trying to understand, but sometimes there's just, there's going to be that, like inherent disconnect. And I think you have to be okay with that. And I just think that your if you find yourself in one of those relationships, your energy as someone with ADHD, as someone with sometimes limited energy, it's just better spent doing things that fill you up.



Katy Weber 21:50

I agree, you know, I it is so revelatory in the beginning. And so I did, I shouted from the rooftops, oh, my God. And it was, so it was amazing. But then you very quickly realize how much people don't understand what you're talking about, or they have their opinions that you really don't want to hear or feel like, you realize how it is a very difficult thing to talk about with people unless you're talking directly to other people who have gone through this experience. And I think why it's so wonderful when we do find each other and find that community and why community is such an important part of our diagnosis journey and our healing. Right. And, and so I've yeah, I've you know, there. I know, when people first get diagnosed, there's a sense of urgency of like, how do I talk about this with my partner? How do I talk about this with my boss, and I'm like, maybe you should just hold off on



Carrington Bruton 22:42

faith in this little, little circle. That's our circle. Like,



Katy Weber 22:47

if you really want to talk about it, like make tic tock videos or start a podcast.



Carrington Bruton 22:54

But yeah, you want to talk to people who get it, I feel like community is so massive. Yeah.




Katy Weber 22:59

But it is funny because like, it's it has almost, I wouldn't say isolated me from my the people who are closest, but it has been like the people who I am closest with in terms of family members, it's been the most difficult to talk about, because there's so much


members, it's been the most difficult to talk about, because there's so much miscommunication. And I think also like, with my two older brothers, you know, my, I was the young screw up in my family who, you know, who flunked out of high school, and then flunked out of university and then like, couldn't hold down a job and was always chasing this and chasing that and moving here and doing this, right. And I was the flake in the family. And that was kind of my Oh, I Rowling. Okay, there she goes again. And so there is a part of me when I talk about the ADHD, where I'm like, this explains everything that I write. But I also kind of feel a sense of like, there she goes, again. Now she's grasping, ADHD. And she's made up to that, right? I know, I got a sense of that. When you're talking about your sister and your mother.

 Carrington Bruton 24:01

You're just like, you get this sense of like, again, you can feel like the the irl in your life. You're like, no, but this really is not an excuse. It's an explanation. Like, I totally get it. I totally get it. And then everyone's like, oh, so everything is your ADHD now? And I'm like, No, it's always I know. Yeah, I've been my entire life and just in things make sense. And you want people to be really happy for you. You want people to be as happy for you as you are to have answers. But um, some people just are not ready to hear them and that's Oh, okay.

 Katy Weber 24:34

Yeah, I think it's really been eye opening to see how how solitary the struggle is to you know that there aren't very many people in your life who realize the depths to which you were struggling you know, and and how difficult some of these moments in life were and like I you know, whenever I have those moments, which I have a lot, which is like maybe I'm making it all up, maybe I don't have ADHD, maybe I'm just lazy, you know, and then I know And I'm like, No, you got to think like then you got to go back and like remember Middle School? Oh, yeah. Remember high us high school? Yeah. Oh, yeah, that was a disaster. Oh, remember, you know, motherhood? And I'm like, Oh, yeah. Okay. So I have to, like, remind myself, but that that internalized stigma is so deep in terms of like, you know, I love Tell it like, I feel like, another huge part of our diagnosis is the doubt. And then this sell the minimizing and maybe this isn't what it is. Maybe I'm just grasping at straws, and maybe this is one more, you know, snake oil that I'm reaching for something like that.

 Carrington Bruton 25:36

Yeah, cuz I do. I feel like there can be this sense of, I feel like this is more relevant. Maybe to those of us who are diagnosed later in life, you almost feel so desperate for an answer that you feel like you can't accept the first one that comes your way. Even if it's the right one. You're like, No, this can't be it. But like I was, so want this to be exhibit explained everything. So there's that, like you're afraid because there is so much desperation to be understood. And to have your experiences validated it and to learn that you are not in fact broken. It can be scary. Like, it can be really scary. You buy into the first thing someone tells you, but oftentimes, it's not even the first thing that we're told, I think were misdiagnosed a lot of us way before where we're diagnosed with, you know, the right, disorder or condition. And, yeah, I got told about anxiety and which is a part of ADHD, I think, but so many people are they've got these comorbidities, or they've just been told that it's bipolar disorder, or something else that it isn't, um, which is really sad. And that's a whole nother topic. But yeah.



Katy Weber 26:42

Oh, my God. Yeah, I feel like that's another one that I know, I just sort of feel like, you know, again, I It's one of my pet peeves, or one of my soapbox topics, too, which is just the way in which we are minimized by medical professionals when we have been seeking, you know, when we've been looking for that answer, and we feel like we have found it and then the medical professionals are like, whoa, whoa, slow down. ADHD is over diagnosed. Right? Exactly right, then. Yeah. And oh, it's this is, you know, don't don't seek a diagnosis because of a tick tock video, and you're like, why not? Are you kidding?



Carrington Bruton 27:24

My big thing again, on tic tac now I'm like I am so for everyone that is finally seeking a diagnosis. And that has felt like they wanted to for their entire lives, or I love the people, the people that really tug at my heartstrings, or those people who didn't even know what ADHD really was, they didn't even know to pursue a diagnosis. So I mean, those are the people that I love getting the comments from, I'm making my appointment tomorrow. I'm like, go you advocate for yourself. I'm always telling I'm like advocate for yourself. That's the biggest thing. And don't let someone in this is one of those. You run into a lot of the I have the degree of actors, but don't let someone minimize all the life experience that you have being you because you resonated with the Tick Tock video. You know, like, don't forget that you're you, you know that you've been living with you your entire life. And I just I think I'm grateful for tick tock. I'll just I'm like, I'll leave it at that. I'm very grateful for tick



Katy Weber 28:25

tock. I, I am too, and I think it is absolutely the perfect medium for for these answers. You know, and it's, it's fast like I think it's a really interesting like PhD thesis I hopefully somebody is working on about like the one minute video yet, you know, and like the power of the One Minute vignette because I think it's been really like changing the conversation on so many different social and political issues. What are your thoughts about that RSD and acting because I had another actor who I was speaking to, I interviewed another actor Emily Donahoe, and I was like really curious to talk to her about RSD because of how much rejection actors experience in their profession. And she was like, Yeah, I don't have it. You know, she was sort of like, I don't think I could be an actor if I had RSD. Because you have to be thick skinned. And so after, and I was like, Okay, that's interesting. But I also sort of feel like, there's so much more to RST than just being rejected. Like, I think there's so much like when I think of RST, I think a lot of it is like rumination and overthinking. And so I'm curious, have you like, had thoughts about it in terms of your chosen profession? Or just in general,



Carrington Bruton 31:08

I'm the opposite of her name is Emily. Yeah, I'm the opposite of Emily. I like definitely have it, I attribute it to the ADHD, it's in like two sided is, it's a lot more than just getting your feelings hurt, which that has happened to me as well, you know, we want to be good at everything. And



we've been told that we're wrong so much, that we're always looking for someone to tell us that we're right. And you want that from your acting teacher, you want to be told that you did the same, right, and that you've made them feel something and that. And when that doesn't happen, it's really easy to think I need to pick a different career. I'm not cut out for this. I am horrible. I am not like you go down this whole rabbit hole. But beyond that, it's like you said it's so elimination, you walk into an audition room, and the casting directors are sitting right in front of you. And they're, you know, talking about something that they were talking about before you walk in and you're like they're talking about me, they hate me. Oh my god, they hate me already. I haven't even started auditioning, it's so easy to I just made a video about this. You see two people talking, you're laughing and you automatically assume that it's about you. And it doesn't happen every single time. But that's such that happens way more often than people talk about



Katy Weber 32:11

or when they're speaking in another language, like on the bus in a city, I automatically think they are making fun of



Carrington Bruton 32:18

that. Or even just, um, I don't know, I think RSD can mimic social anxiety for those of us with ADHD? And, um, yeah, I think it's really easy to get caught up in these social interactions. And you're wondering if you said the right thing or like, what they're really thinking about you. And it's a whole a whole thing. I think that should be like one of my next videos is it RSC, your social anxiety?



Katy Weber 32:43

That's great. I know, I feel like I asked the question, Is it is it ADHD or feminism?




Carrington Bruton 32:51

T shirts, we're gonna launch merch




Katy Weber 32:53


I know, right? Seriously, but like, at the end of the day, there's so many ways in which I feel like my ADHD is exacerbated by you know, the expectations of being a female in society, you know, when it comes to body image and eating and being likable and like all of these things. And that's the other thing that I you know, I also talked about with guests who are people of color where I'm just like you have that all of that is then amplified by being a visible minority, right, which is like, you have to be likable, you have to behave in every situation, you can never, like, be angry without anybody saying, well, you're just an angry black woman, you know, like it's right, exactly. It's like,

 Carrington Bruton 33:36


as you have ADHD, then it's your unprofessional, or we have problems, like managing my time and understanding how long things actually take.

 Katy Weber 33:45

Yeah, or even just like, you know, I remember I was interviewing a physician, who was a black woman who was like, anytime I made any mistake, there was an assumption of like, we'll see you proven us, right, that you don't belong here. You know, and I just like it just so so many times, I think about like that, those microaggressions and the collective trauma throughout our lives that have kind of led us to where we are, again, I'm sort of like, is it ADHD? Or is it is it just that we live in this fucking country?

 Carrington Bruton 34:16


Everybody else, right.

 Katy Weber 34:18

Yeah. Yeah, that's why I think it's also so interesting. You know, why I think the conversation around ADHD being a superpower is so problematic, because I think like, yeah, it's really easy to call it a superpower when you've had accommodations in life. And you're, you know, like that comes down to so much of that comes down to like, what was your environment growing up? What was your family life growing up? Like what was available to you? Like, you know, yeah, slow down with the superpower talk and let's like, you know, be I just feel like it comes from such a place of like, inequity. I don't know.


 Carrington Bruton 34:52

I'm laughing because I definitely am someone who has referred to ADHD as a superpower before, but in in terms of, I think What I'm trying to do when I'm using the term is, I just have a heart for the broken people, because I know what it feels like to believe that you're broken and to feel that. And so I want to come from a place of empowerment. And I'm like, no, no, no. Okay, so maybe you're always late. And maybe you're messy, and maybe you're not organized. But guess what, I bet you can hyper focus. And it's like, you'd be an amazing entrepreneur. And so I do, I do this superpower thing, but I also, I feel like I balance that out with education. I'm always educating in my videos, but I'm, I really strive to empower as well, because I know what it's like to be told that you're wrong, like, right, who you are, and then mentally is wrong. And so I really, I try to get people to see the things that are powerful about their amazing brains. Yeah, so yeah,

 Katy Weber 35:48

and I think that is part of that the shift in narrative too, is, you know, once you get to a place

and I think that is part of that the shift in narrative too, is, you know, once you get to a place where you're like, Oh, my goodness, I do have all these strengths, I am bringing all of this stuff to the table. I am, like, you know, you know, all of these ways in which I sort of suspected I was incredibly bright, but could never quite show it in ways that are meaningful, like, you know, it is it like you really do Lean into your strengths. And I think that it is an amazing shift in terms of, you know, what we can like about ourselves and what we can and what we are incredible at. And I also think with the Superman, crap, I lost it, it's flying away. Now there was a superpower. superpower. Wait, no, it was that was it. It was grit, right, which I think is another incredible quality that a lot of us share, which was like, coming, you know, when you are in a situation where you've grown up your whole life kind of feeling wrong, and feeling like, you know, being being corrected for things that seem out of your control. And you know, that there is a way in which you're sort of like, okay, what can I do? Do I wallow? Or do I pick myself up by my bootstraps and move on? And I think that there's like, so many of us do have that sense of grit, where it's like, okay, where, what's the lesson I can learn? What's the silver lining? What is the, you know, strength based initiatives that can come out of this? So, yeah, like, that's why I don't I certainly don't disagree that ADHD is a superpower. Because like, I feel like my life has changed so dramatically as a result of it. But I also sort of feel like it's, you have to tread carefully, I can get, I can get like, a little toxic.

 Carrington Bruton 37:30

Totally get your perspective as well. And like you said, it is easy to, you know, believe it's easy for that conversation to turn toxic. When like you said, you've grown up with the accommodations and all these things. I do feel like it would have been really easy for me to undiagnosed look at someone and say, Well, sure that superpower for you. You've got, you know, all this hope. But again, I just try to think about all the ways that like, I've been excelling in spite of in spite of not even knowing that I had ADHD going on. Okay, yeah, superpower, right. Totally get your perspective, though. I mean, it's, it's, I know, I feel like it can almost make you feel more wrong when someone views this thing that you have to as a superpower, but you don't feel like it's been a superpower in your life. You're like, that's not my. So I totally I totally get your perspective as

 Katy Weber 38:16

well. Yeah, I know, it has been. I am always reluctant to dismiss anytime somebody is really truly struggling, because I think, you know, just knowing you have ADHD is not going to solve all of your issues, it's not going to make your depression magically go away. Like, you know, there are ways in which we still need to advocate for ourselves and each other and, and there are still a lot of struggles. And I never want to minimize that for anybody, because we have all we've done has been minimized our whole lives, right? So but I do, but I also, you know, don't want to talk about it like it is this serious disorder. I have just as much of an issue with the term disorder.

 Carrington Bruton 38:56

I find myself pausing like, I will say, disorder, but I find myself pausing and thinking about whether or not I want to say disorder or condition all the time. And most of the time when I think about it, when I'm like intentional, I'll say condition. Because I also had to have issue with

the term disorder. I find myself saying it more than I want to, but again, when I'm thinking about it, I'm like, Okay, it's, it's a condition. It's not a disorder there. I mean, there's nothing wrong with the differences in our brain.



Katy Weber 39:26

And well, and that's why it always hurts sometimes I get confused when I'm listening to certain medical professionals, because I think, you know, I'm like, are you talking about ADHD? In terms of like, what characteristics are being exhibited in your patients? And then they're, you're looking at it as a disorder because it is abnormal? Or are you looking at ADHD as a neuro, you know, as a neuro divergence, and you're looking at as sort of a brain type, and therefore there's no possible way it's a disorder, right? Yeah. So again, it all comes down to the environment and which



Carrington Bruton 40:00

we work, it's different. Not this work.



Katy Weber 40:03

No, but I think a lot of medical professionals think of and talk about ADHD in terms of like what is present in the room right now? What are the what are the things we're looking at? What are the symptoms of this? And how can we quote unquote cure it? You know, another word that I have an issue with, right? It's like, there's literally books out there that are like how to cure your ADHD or how I'm like God, like so yeah, it's



Carrington Bruton 40:29

like that's a whole nother episode. But yeah, I



Katy Weber 40:36

get it. So we've I know, we've talked about this, but I do want to come back to like, what do you love most about your diagnosis? Or what is it? What has changed most for you since this journey has started?



Carrington Bruton 41:51

Yeah, I think what I love the most is my ambition. And the fact that I'm a visionary, huge visionary. I couldn't I don't think that I could ever be a CEO. But we're making amazing and I do have my own skincare brand. I do think that I'm, I'm a great CEO, I've got vision, I'm really great at big picture thinking and I love that I'm super ambitious. I'm always I feel like I'm always pursuing something. Like I'm never, I'm never chill. I definitely for someone who's inattentive. I do feel like I'm very hyperactive. And I mean, it's all here. But like, my idea is I've got this

notebook that I keep with me. And it's like, it's just pages and pages of like ideas. So I love that I think that's my favorite thing about my ADHD brain. And then I think the way that I've changed the most since receiving a diagnosis is just being gracious with myself being a lot more kind to myself, um, and also insisting that other people are kind to me as well. Um, it's advocating Drew's Yes, exactly. It's advocating, it's learning how to advocate for myself, and that that's a thing and that I'm supposed to do that. And you know that I can do that in an assertive way. It doesn't have to be aggressive, but I'm just learning to not let people say things to you that could tear down, you know, your competence or your sense of self if you do struggle with RST. And but it's also learning to not say those things to yourself.



Katy Weber 43:14

Yeah. Yeah, I noticed that in little ways. Like when I go to the doctor's office now, I will say things like, you're throwing a lot of information at me right now. Can you please give it to me in you know, in print, so that like to because I'm not going to remember this? Whereas in the past, I would have been so frazzled and so overwhelmed. And, uh, you know, I have my 15 minutes and then they shut me out. And then I'm in the parking lot just being like, what just happened? You know,



Carrington Bruton 43:39

your your notes and you're like, I think that says, apple? I don't know. Yeah,



Katy Weber 43:48

so there is I think it's just been like a heightened awareness in the moment where I am able to advocate for myself in very little ways, right where I'm like, I need you. Or especially at home, right? Or I'm like, Oh, if I'm getting really irritated and really snippy with people, I can go through the checklist and be like, Alright, is there music happening in another room? That's really tinny? Is the TV on are people yelling? Is there like weird flickering lights? Do I need sleep? You know, like, I can go through a lot of that same time. The sensory thing has been huge for me. It was not anything. I had no idea. I had any sensory issues whatsoever. I had just never thought about it.



Carrington Bruton 44:29

Yes, until I had, I had a full fledged meltdown. This was maybe like 3636 months ago. I'm with my family. My dad's here. My younger sister. I've got two younger sisters. One of them is 16 years younger than me so more like my kids and my sister. But you know, my dad's talking and she's talking and my my best friend who's my sister Kennedy. She's talking and I I can hear people chewing. Even light and it's like there's talking there's chewing. There's yelling there's background music. cuz my brother's watching TV and I literally had to go upstairs and lock myself in a room and no light, no sound. And my son, my youngest sister, Korea, she comes in and she turns on the light and I'm like bawling. I'm just like, I'm just really overwhelmed right

now. But I'm okay. I promise. And that was the first time that I'd ever experienced like a shutdown. I was like, I had no idea that this this was inside of me like this. This disdain for like, all the noise at one time, I had no idea. Yeah.



Katy Weber 45:33

I know, right? I used to always have this feeling where I would have to go to my room and like, Mommy needs to take a nap. Right? And it will long after my kids stopped napping, I continued to nap. And even if I wasn't napping, like I wasn't falling asleep. I just like I needed everything to stop. And that was the way I could do it. And so of course, along with that came the guilt of like, Oh, I'm so lazy, that I need to take a nap. And I'm regem shirking my maternal duties and all of that stuff. But like, now I realize, like, I really just needed time in the middle of the day for nothing for it all to just stop. And that was the only way I could. So it's,



Carrington Bruton 46:08

I find it a lot later in the day for the people that you



Katy Weber 46:11

love. Yeah. So I find it very fascinating to look back. And think of the ways in which we kind of holistically took care of ourselves without even knowing what we needed. And and I, I don't know, I always like love to think about that, and give that give that younger version of me a hug, you know, or when we talk about like little kids doing things that seem like oh, why is he doing it? Why is he being so weird? Why is he doing that? Why is he whole covering his ear? You know, and I'm just like, it always amazes me how, how, you know, we do like, at the end of the day, really try to take care of ourselves in the best way. We know how, and I think that's so beautiful.



Carrington Bruton 46:50

I think about how, again, before receiving a diagnosis, I was like, you could I would have never believed that I was autistic. I just didn't. I didn't first of all, I didn't know what that looked like. But again, after receiving receiving the diagnosis, and looking at the list, I'm like, Oh, my gosh, I this is my identity. I am this, but like I've been stimming speaking of taking care of yourself since I was a baby. And a lot of the times it's called self soothing. And I've been doing that since I came out of the womb. So like you said, it's like that innate, you just know that this is the thing that you need. And you just get it done. You do it before you even know that it has a name or a reason or a rhyme. You just get it done.



Katy Weber 47:33

Yeah. Have you been watching the love on love on the spectrum dating reality show?



Carrington Bruton 47:39

Okay, so I just found it on Netflix maybe a couple weeks ago, and I watched like the first two or three episodes of season one. So if there's anything that happened in this new season, because I know there's a new season, and like, don't tell me, don't tell me, but I'm a few episodes into season one.



Katy Weber 47:55

Do you feel like an overwhelming sense of like peace and relief, because I actually haven't seen it? Because I was a little reluctant to because I felt like the trailers kind of infantilized the characters a little bit where I was like, Oh, this could be problematic, where they're like, look, people with autism, they're real humans just like us. Yeah, so I was never that interested in it. But I've heard so many good things about it. And just in terms of like, the, the utter lack of social masking, and how like, as a neurodivergent, it's been sort of people have been watching it and feeling like, such relief, where it's like, Oh, my God, it's so nice to have conversations where you don't have to, like pretend or self edit in any kind of way. So yeah,



Carrington Bruton 48:37

I definitely have noticed the lack of self editing and the lack of masking and I just, I look at that I'm like I so admire. But also because I'm someone who, and I try to, like when I'm explaining autism, I try to illustrate what it looks like what the spectrum actually looks like. And it's not like, you know, left versus how far right you can go. But there are so many traits that are turned down for me that I'm seeing, and I'm like, Okay, so I'm not seeing myself completely in this show just yet. But that's okay. I'm like, I know, it'll come. And so I definitely want to continue watching and get into season two, but I totally do admire, like, just the ability to show up. And, you know, this is who I am. And it works out because this is also who you are. And like we're gonna have a great different life. I'm like, is there? Is there a dating app? Do you know?



Katy Weber 49:28

Oh, I don't know. But there shouldn't be there. Let's see, we're looking at big ideas. I don't know. I'm there. If there isn't, there definitely should be I think, ooh, I'm




Carrington Bruton 49:39

gonna look into that now. I'm like, entrepreneurial, but back to the conversation.




Katy Weber 49:46

Well, no, that's a great segue to talk about your business venture. So So you were on Empire. Are you going to be is this a recurring character or was that a Oh

 Carrington Bruton 49:57


empire? We actually filmed our sixth and final season last, I think I filmed my last episode and February. And that's when the show wrapped. We wrapped right around the beginning of the pandemic. Okay, so you're being on set when I got the news that COVID broken out. Yeah, so it was, it's been great. Um, so I did two episodes, which was supposed to be one episode from what I've been told. And the showrunner saw my first performance and really loved it. And so he decided to invite me back, which is I will cherish that for probably the rest of my life. I mean, I could be like accepting an Oscar and I will still think about that. Yeah. So yeah, so Empire is wrapped, but there is, um, I, I'm trying to think about what I'm allowed to say. I will just say stay tuned. If you were an empire fan, like I'll just say, Okay, gotcha.

 Katy Weber 50:57

Yeah. And so now you're working on Temple face and body, which is your own company, right?

 Carrington Bruton 51:03


Yes. Yes, so it's a clean luxury skincare brand. And it kind of is birthed before it was birthed as a company the concept was because I had done so much digging and so much searching for answers. And I found out how toxins can kind of wreak havoc on our brains. I'm like I need nothing else we can have it on my brain there's been enough have left me my life. And so I started looking into what these toxins do to our brains and what all these different chemicals actually do to our brains and that's when I started looking into non toxic living and clean living. And so I knew when I came out with a skincare brand I wanted it to be clean and non toxic. So yeah, that's kind of the the concept behind the simple face and body and it's called timbul because your body is a temple. So yeah, temples my baby. Yeah.

 Katy Weber 51:56


Okay, great. So I will I will definitely link to your awesome Tick Tick Tock account and to Temple is there anything else? How else can people find you on the World Wide Web?

 Carrington Bruton 52:08

Yeah, I mostly show up on tick tock and but I'm the same handle on tick tock and Instagram Carrington. L. Bruton and I'm on Twitter mostly as a spectator. I just scroll my TL and like laugh at everything.

 Katy Weber 52:23

I post wildly for like one day and then I forget it exists for three weeks.

 Carrington Bruton 52:29



Yeah, I was I am on Twitter. I'm like, What is my Twitter name? I think it's Carrington. lb. On Twitter. And then, um, what else and then timbul face and body is at Temple face and body on Instagram. I'm not sure what we are on tick tock because I think I had to do a different name. And then typically somebody.com is where you can find our red sequencer. And we'll make them out with our moisturizer. Obviously, that'll be housed there too. So



Katy Weber 52:53

well, I'm so pleased that I got to know you and get to pick your brain a little bit more and find out your story.



Carrington Bruton 53:02

Thank you for having me.