

I wake up and the time is 1:43 and my exam is at 1:00 and I am in trouble

Because Autism gave ADHD the wheel when I was distracted with Anxiety and I lost track of time and I lost track of the deadlines because Finals Week does not *have* a routine

And I am in trouble because I've messed up and things aren't how they were supposed to be and Anxiety says GO and Autism says STOP and ADHD doesn't know what to do

And I don't know what to do because what *can* you do when Anxiety says that you need to do SOMETHING and then says that anything you try to do is WRONG and Autism says you need to Shut Down RIGHT NOW but Anxiety says that is WRONG and ADHD is a scattered mess, and I am a scattered mess, and there is a problem, BUT there is a problem

And when there is a problem I am not Autism or ADHD or Anxiety, I am Stubborn, and Stubborn Gets Things Done, and I am in motion.

I grab a water bottle and a pencil and my notebook and my backpack and I am out the door and moving and when I get to The Exam and I am about to go in Anxiety says STOP because if I go in that will be WRONG because They will know I messed up and They will hate me and They don't want me to go in and I cannot go in, I cannot I cannot I cannot and I do because I am stubborn and I need to get things done

And Anxiety cannot breathe and ADHD cannot focus and Autism wants to stop and Shut Down but I have a test in front of me and I know what needs to be done and I will Do It

And when ADHD is at the wheel and I cannot pay attention, I flip to another page and find an interesting problem, and when Autism says I cannot, says I need to stop, need to rest, need to rebalance, I show it how much we have already done, and when Anxiety says I am dying I tell it I am Busy and it will have to come back later, because there is work to be done and Anxiety will not do it.

It is 3:00 and I have done most of my exam and I'm not wearing socks and my pencil has no eraser and I'm still in my pajama pants and I have another exam after this, so when the teacher says Pencils Down I put down my pencil and give him my exam and I go to the Next Place, and my Autism says Rest and my Anxiety says Study and I do some of both in the thirty minutes before the Exam

And I am Stubborn and I take that exam too

And I go home and I should study but ADHD is tired and I am tired and I need more rest,

And I am no longer Stubborn, I am Tired, and Anxiety is at the wheel and it says that I should be WorriedStressedSadMiserableAfraid because I messed up, and Autism is listening to it and ADHD is not listening to anyone,

But I did my best and I cannot change the past, and I tell Anxiety that being WorriedStressedSadMiserableAfraid will not help me right now, and I tell Autism all the reasons why It Will Be Okay, and I let ADHD rest, and

I am Okay

-Samantha Rosenthal 5/28/19