

adulthood. However, she didn't want to be diagnosed, because she felt the stigma attached to meds, and besides, she self-medicated with weed.

Like any adult, I respected that decision, but I can't help but wonder how much that self-medicating played into the alcohol addiction that she also had. She had recently completed a treatment program, and was doing well living sober - but years of substance abuse in the end proved too much.

"This is not an ARF4 movie; I'm not going to dramatically change my life to fight alcoholism or open a big shelter. But there is a quiet resolve that maybe by little acts of helping people cope with ADDS can help others who struggle with addiction. It feels like continuing my work will also honor my daughter - and I imagine her cheering me on."

Love you, Papa.

Cart 10/15/2025

It's not like there would ever be a "good" time to have a personal diagnosis, but I took a little extra time to think that I always wanted (having people subscribe to my own podcast) would happen in the same month as something. I never imagined because it was too terrible. The death of my daughter. She lived after surviving, sometimes life and doing with the pain has been the recognition of how many lives are touched. I didn't just disappear with love, the way I always had. The heart that you had it.

God, Papa. I carry your heart with me every day (in my heart).

OCTOBER 2025

ZINE

ADHD Open Space

ADHD



MAKE "You're neuroqueer if you neuroqueer."
ACT. -Dr. Nick Walker
Notes from "NeuroQueering Your Creative Practice" with K.R. Moore
BE. Idea: UGLY [insert art] SERIES (to get over the pressure of "quality")
DO. "Just existing: just being you - is a creative act."
-workshop person

Learn more at adhdopen.space
gray@adhdopen.space
Questions? Comments?