



- PRESENTATION

- PRESENTATION
- ADHD?

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- ADHD?
- SAMTAL

- PRESENTATION
- ADHD?
- SAMTAL
- FRÅGOR

16:30 - 17:15



SCENKONST
BIENNALEN



Patrik Fahlin - Fokus ADHD

Jakob Bladh - Skådespelare Dalateatern

Ida Rydén - nyexaminerade Psykolog

**Alexander Lindman - Masterstudent
skådespeleri SKH**

**ADHD - attention deficit Hyper
activity disorder**

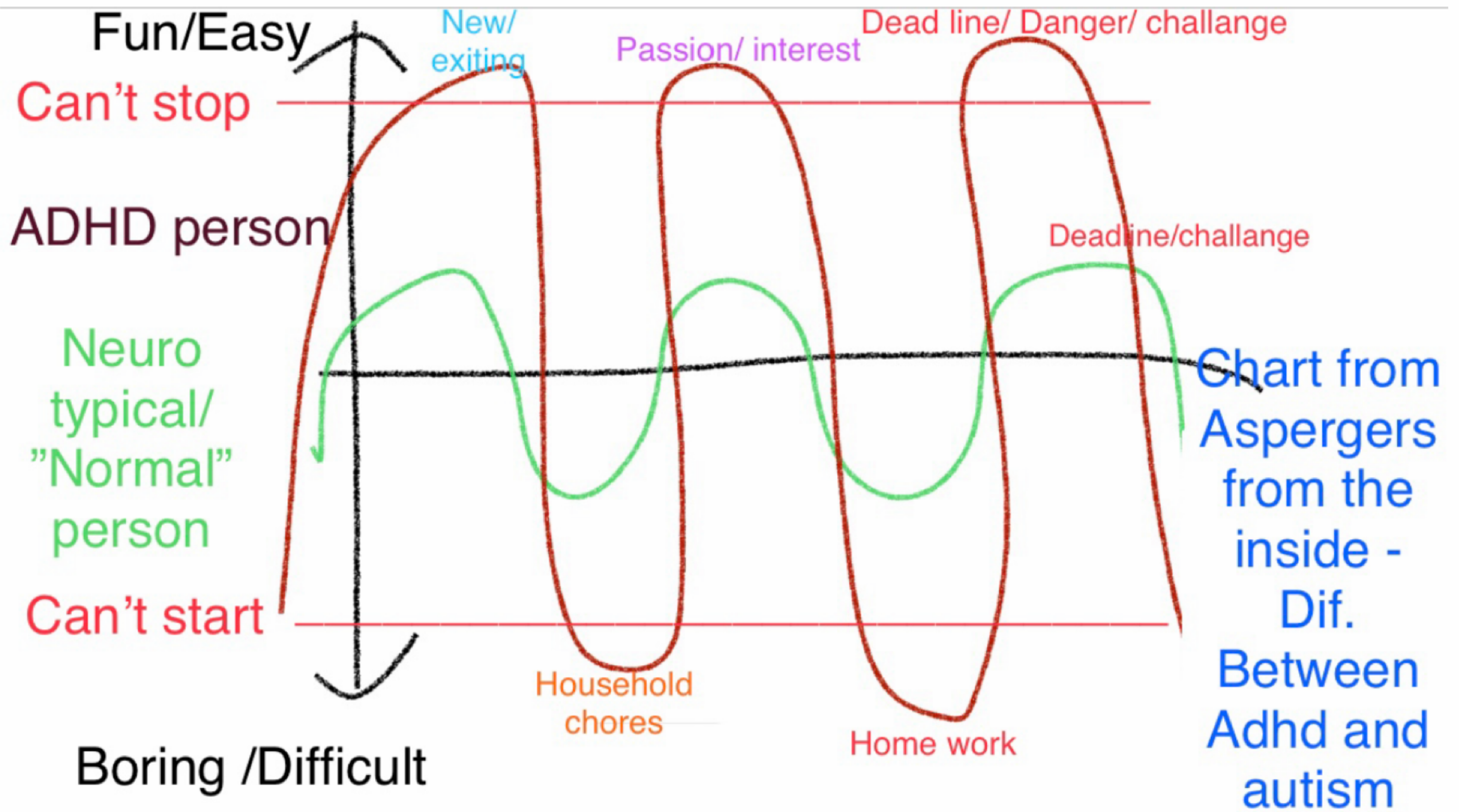
**ADHD - attention deficit Hyper
activity disorder**

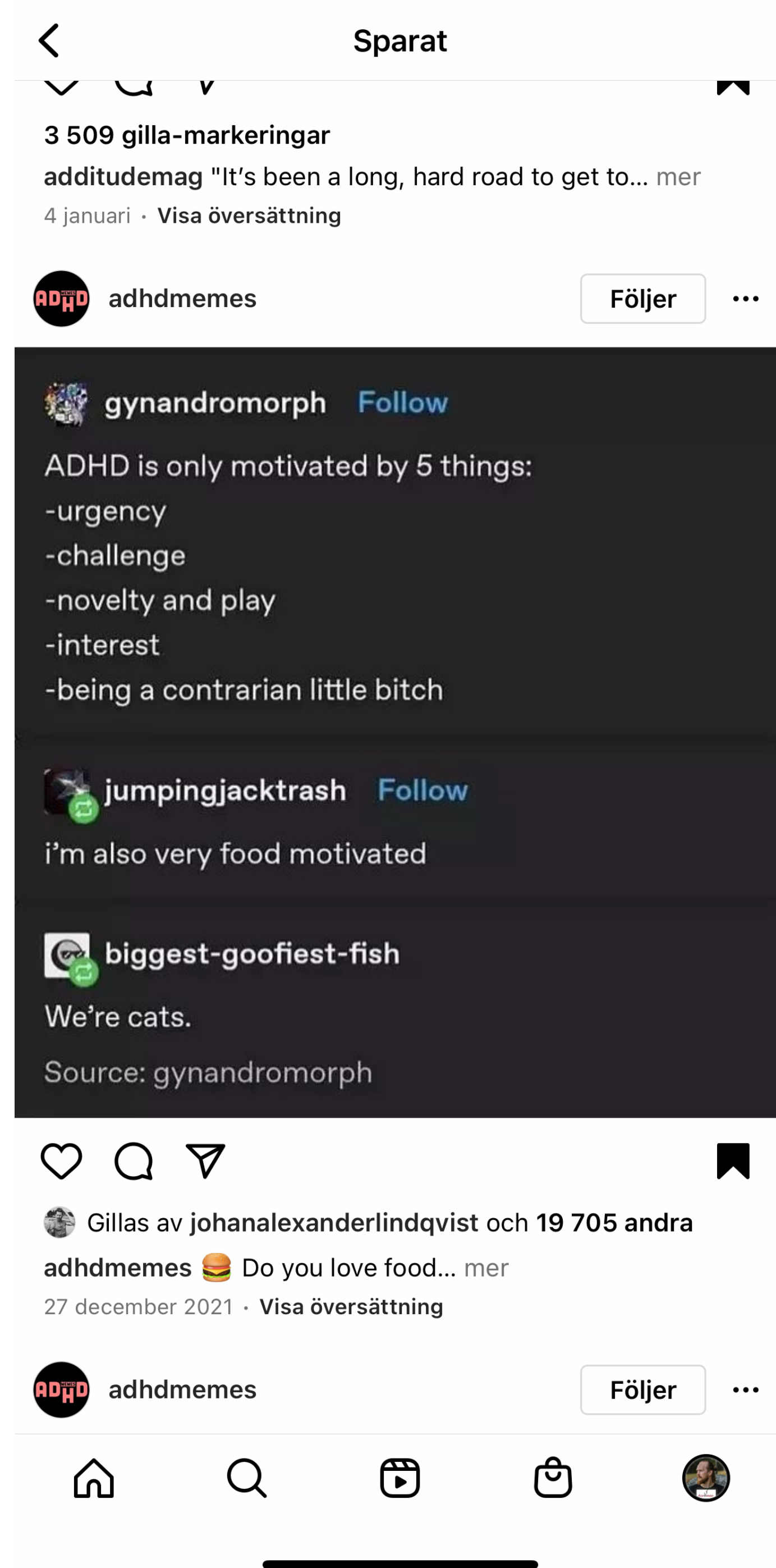
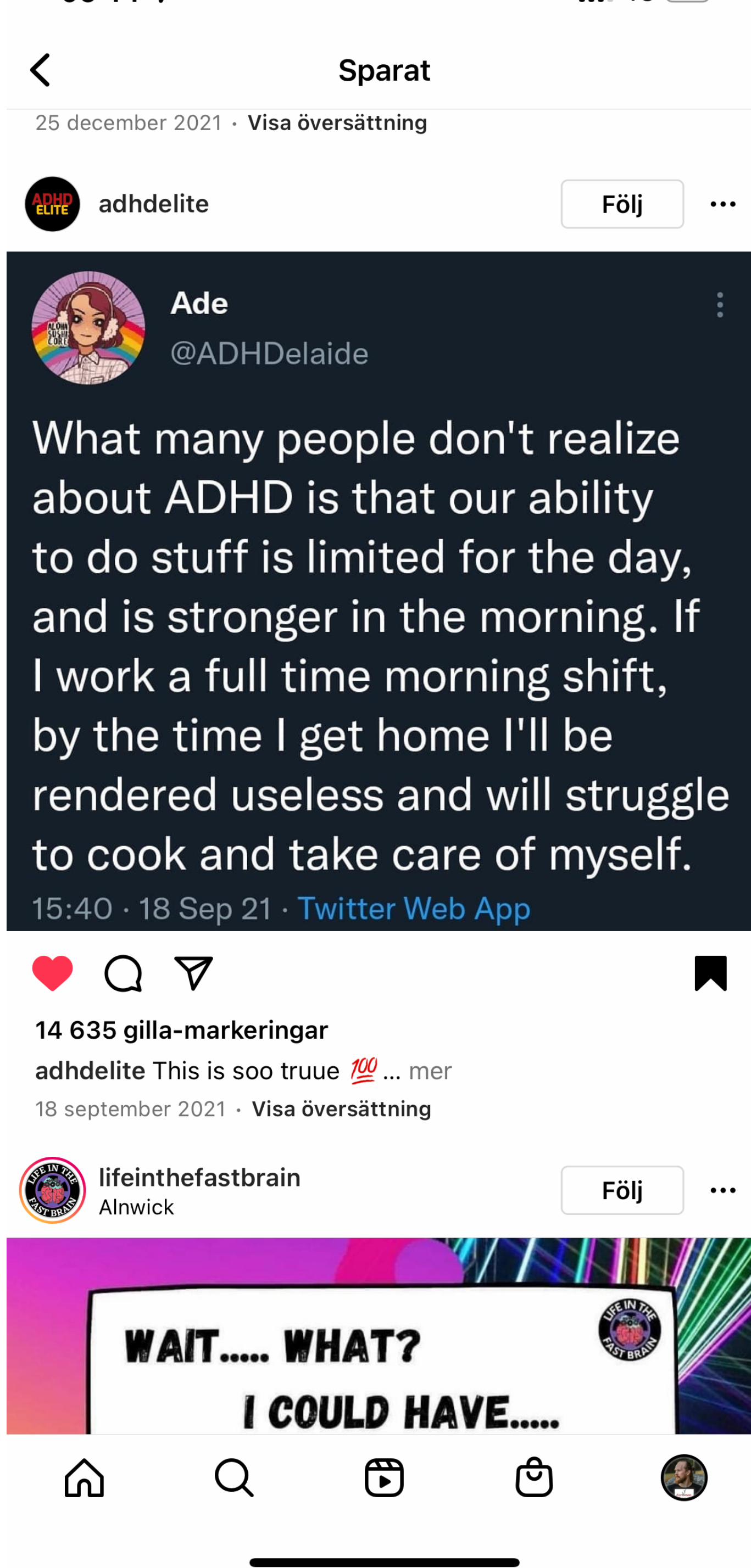
**ADHD - attention ~~deficit~~ ~~Hyper~~
~~activity~~ ~~disorder~~**

**ADHD - attention deficit Hyper
activity disorder**

**ADHD - ~~attention deficit Hyper~~
~~activity disorder~~**

**More like: Dopamine deficiency and executive function
variability and attention/emotion/energy/time/
regulation variability developmental diversity thingy**





DANIDONOVAN

Inlägg

danidonovan

Omaha, Nebraska

...

NON-ADHD STORYTELLING

START OF STORY

END OF STORY

ADHD STORYTELLING

PRE-STORY PROLOGUE FOR "CONTEXT"

START OF STORY

WHAT WAS I TALKING ABOUT?

LOSE TRAIN OF THOUGHT

WAIT, OKAY, BACK TO THE MAIN STORY

TOO MANY DETAILS

SEMI-RELATED SIDE STORY

REALIZE I'VE BEEN TALKING TOO LONG

SOMETHING I JUST NOW REMEMBERED

APOLOGIZE

END OF STORY

WRAP STORY UP AND FINALLY GET TO THE POINT

@danidonovan

Gillas av adhdssystemhub och 2 760 andra

danidonovan So this graphic I made has been making the rounds on social media, and I'm finally getting around to uploading it on Instagram. I didn't want to post it on... mer

Visa alla 117 kommentarer

deesta_dawn I'd love to have this printed on a tee shirt

writerelizabethbroadbent

Följer

...

MY ADHD

how to have a conversation?

A: interrupt them

C: zone out

trip over your words

D: get really excited about the topic and freak them out

85 gilla-markeringar

writerelizabethbroadbent Oh God... mer

5 april · Visa översättning

howtoadhd

howtoadhd · Originalljud

Följer

...

autistic.qualia

Följ

...

ADHD

Autism

Impulsive

Easily distracted

Mind wandering

Difficulty sitting still

Interrupts others

Difficulty organizing tasks

Misses details

Impatient

Forgetful

Creative

Neurodivergence

Stimming/fidgeting

Emotional dysregulation

Hyperfocus

Monotone

Sensory issues

Detail oriented

Rigid with rules & routines

Social overload

Finds eye contact uncomfortable

Social isolation

Literal thinking

Scripting

@autistic.qualia

Gillas av theblackswandiaries och 34 642 andra

autistic.qualia A common question I see in... mer

8 oktober 2021 · Visa översättning

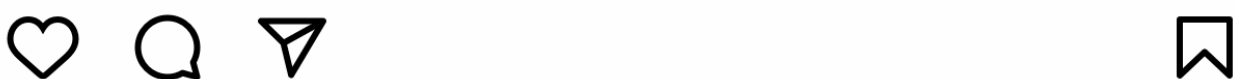
go_adhd

London

Följ

...

@go_adhd

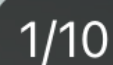


danidonovan I'm prone to strong, sudden flashes of emotions. 💥😓 Feeling paralyzed by anxiety. 😞 Bouncing from impatience. 😡 Snapping at people out of anger... mer

23 oktober 2019 • Visa översättning



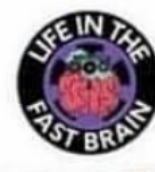
22 maj • Visa översättning



Följ



- Rejection sensitivity
- Sensory issues
- Procrastination
- Social struggles
- Stimming
- Destination addiction
- Seasonal depression
- Problems prioritising
- Addictions
- Low frustration tolerance
- Impulse buying



2 november 2021 • Visa översättning



Följ

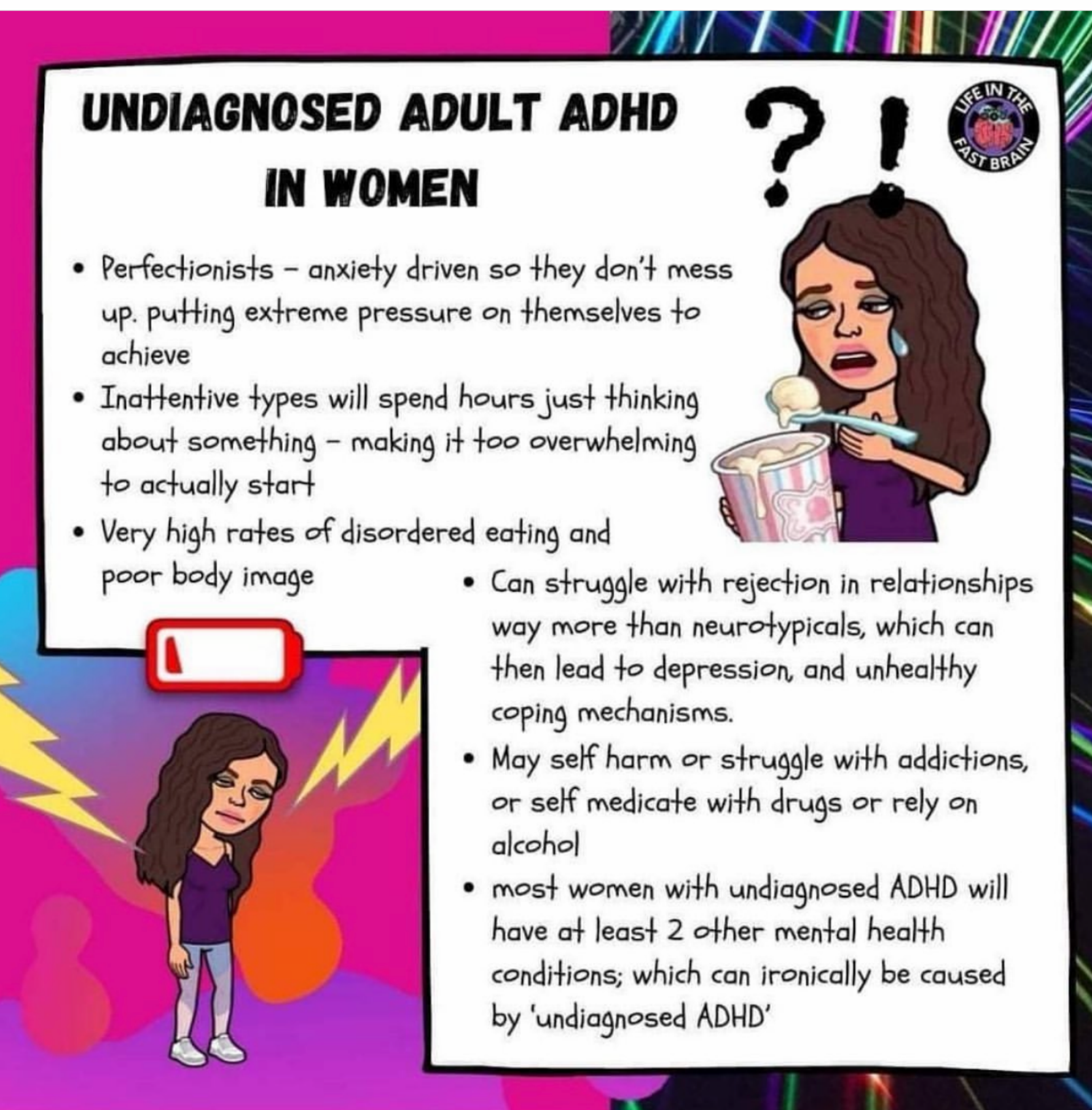


ADLID



lifeinthefastbrain
Alnwick

Följ



9 680 gilla-markeringar

lifeinthefastbrain Repost ... mer

2 november 2021 · Visa översättning



secretsoftheadhd

Följ



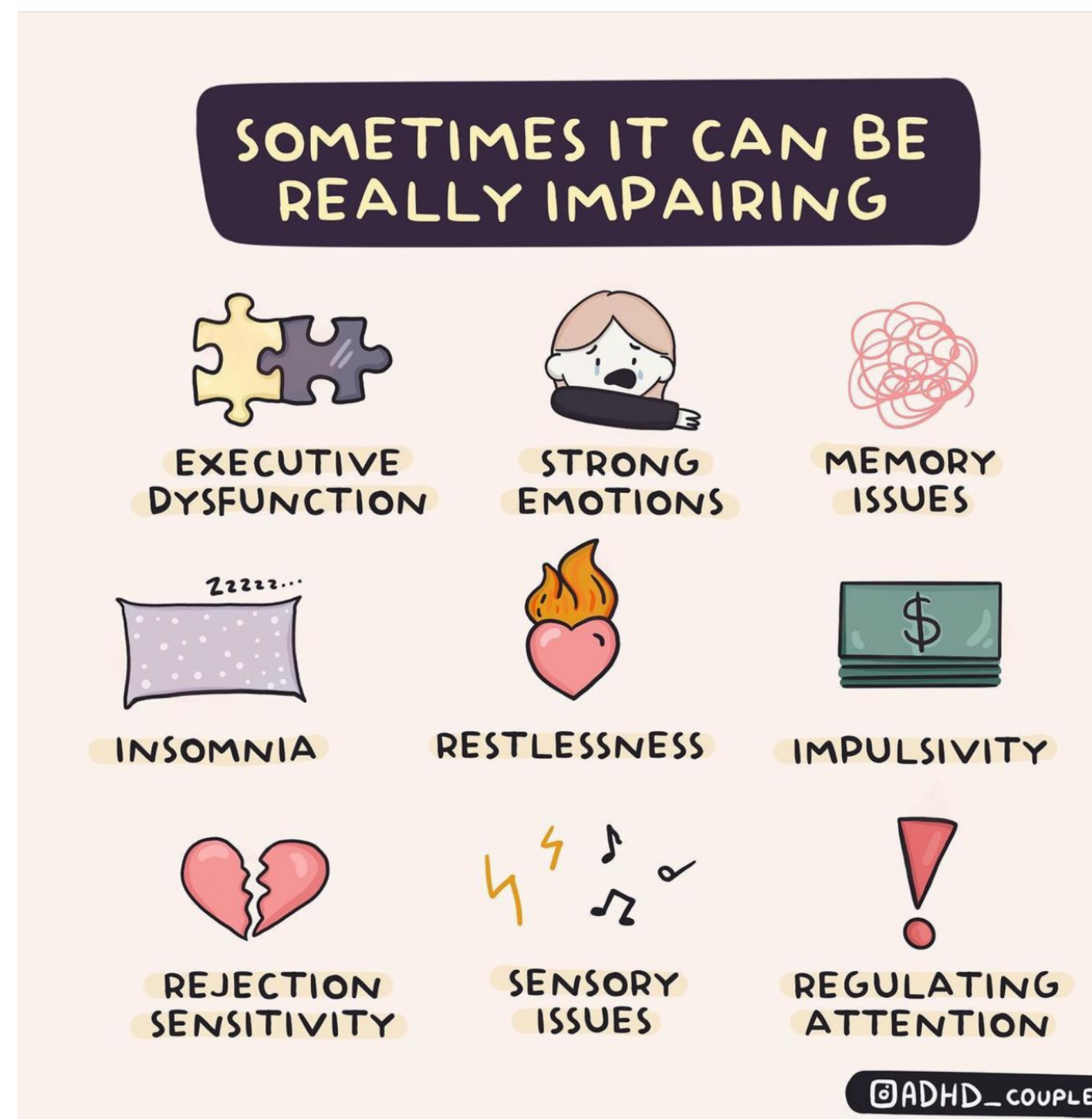
adhd_couple

Följ



adhd_couple

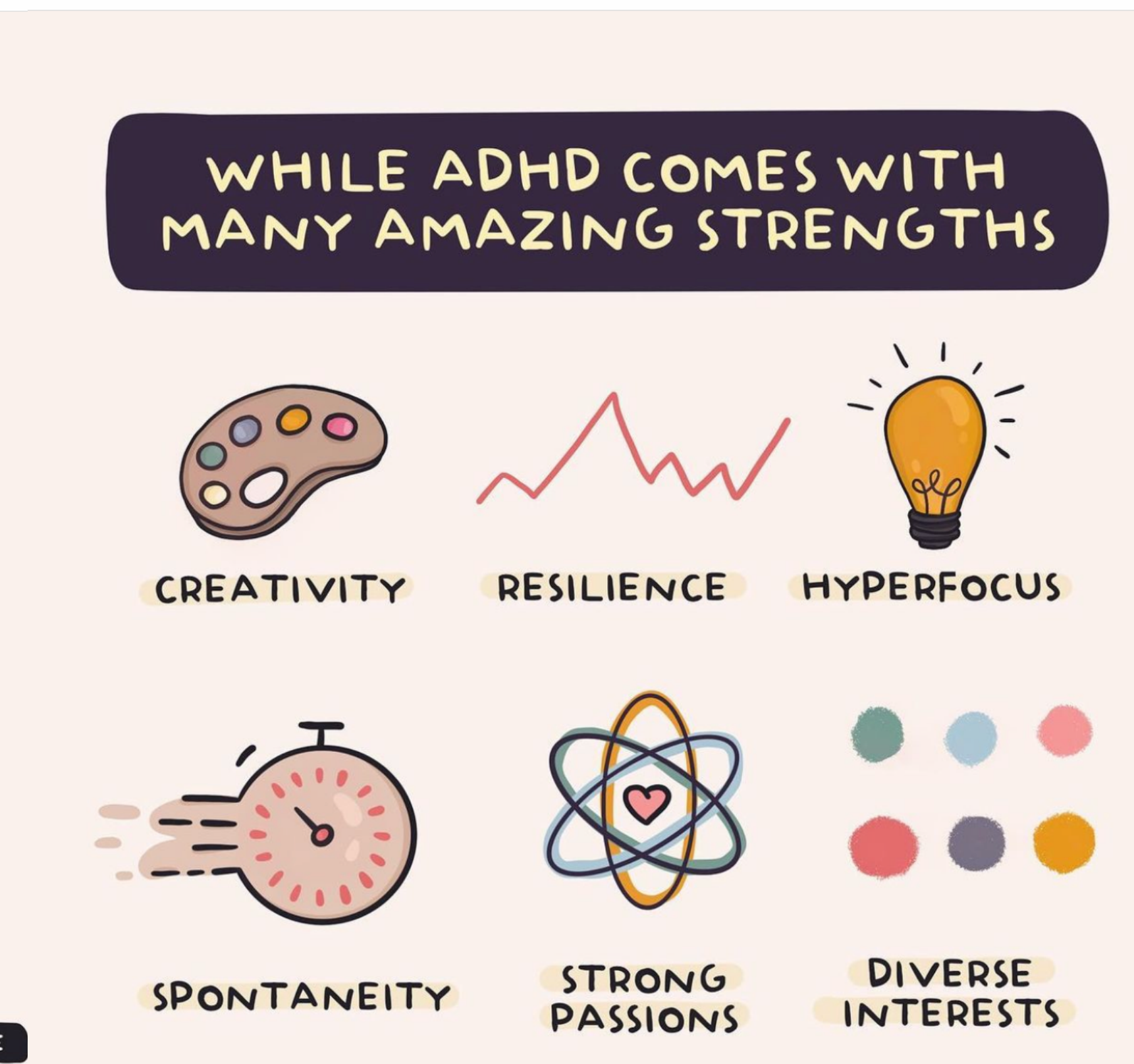
Följ



41 882 gilla-markeringar

adhd_couple I often get messages asking how to tell... mer

11 oktober 2021 · Visa översättning



41 882 gilla-markeringar

adhd_couple I often get messages asking how to tell... mer

11 oktober 2021 · Visa översättning





additudemag

Följer



“I don’t see ADHD as a deficit.
Rather, I pay attention to too much.
Outside the confines of a classroom or office,
my ‘restlessness’ and my attention
to detail are gifts.”

ADDitudemag.com



Ferrari with bicycle breaks

**Walking in a up-down changing
stream when everyone else is on land**

**A fish told to climb a tree instead
of swimming in the sea**

**Being superman/woman but almost all
places and situations has built in
Kryptonites**

DENEUROTYPICALIZE

Av-neurotypikalisera??

**“Decolonizing” the mind: healing the effects of neuro
typicalized oppression on the mind-spirit and
constructing an identity that allows one to be self-
defining and self- naming.**

**Decentering the belief that all minds work the same
way and that that diverseness is normal (and also
an essential part of being a big societal organism) -
without diverseness - no change or differences...**

**Making oneself or others aware of that something might work
different than for someone else because of a difference in how
our minds work - and that a large portion of the human race
have another kind of operating system - and that that is normal.**

SAMTAL