WHAT IS AN ADHD SOCIAL MEDIA Actor

And why is it ARTistically relevant to know?







WHY SOME ACTING? Because I like it and it's cool 😎







WHY SOME ACTING? Because I like it and it's cool 😎



► This is actually a very good reason to choose subject for a neurodivirgent brain because...

own needs of importance



> Neurotypical brain: focuses on importance and priorities after other persons or their



- Neurotypical brain: focuses on import own needs of importance
- Neurodivergent brain: focuses on pass fun and priorities after that

► Neurotypical brain: focuses on importance and priorities after other persons or their

► Neurodivergent brain: focuses on passion, interest, challenge, deadline, novelty and



. . .

So basically me thinking I was smart in advance

.

- So basically me thinking I was smart in advance

> and after getting letter that I made it in: being really scarred that my hyperfixation about Social media would fade and I'd have to do something boring for 2 years...



DE-NEUROTYPICALIZE

Ellen Nyman decolonisation workshop

"Decolonizing" the mind: healing the effects of neuro typicalized opression on the mind-spirit and constructing an identity that allows one to be selfdefining and self- naming.

DE-NEUROTYPICALIZE

- Ellen Nyman decolonisation workshop
- Borrowing from other definitions

"Decolonizing" the mind: healing the effects of neuro typicalized opression on the mind-spirit and constructing an identity that allows one to be selfdefining 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...

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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 someting 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.

DE-NEUROTYPICALIZE

Ellen Nyman decolonisation workshop

SO WHAT DOES DE-NEUROTYPICALIZING ACTING LOOK LIKE?

BUT WHAT IS ACTING ?

And on top of that ADHD acting, SoMe acting and ADHD SoMe acting?





• • • •



► What is the art of theatre/film



- ► What is the art of theatre/film
- ► What is an Artist?



- ► What is the art of theatre/film
- ► What is an Artist?
- ► What is art?

Side quest !!



WHAT IS THE ART OF ACTING

- ► What is the art of theatre/film
- ► What is an Artist?
- ► What is art?





► 2 years



- ► 2 years
- ► What is actually happening when we see or do or experience art?



► 2 years

- What is actually happening when we see or do or experience art?
- What do we want to happen for ourselves or others?

2

. 3



► 2 years

- What is actually happening when we see or do or experience art?
- What do we want to happen for ourselves or others?
- ► What is the basic function and or need?

2

. 3



TO COLLECTIVELY DREAM WHITIN AND OUTSIDE THE REALM OF THE POSSIBLE ABOUT...

Lindman, A





TO **COLLECTIVELY** DREAM WHITIN AND OUTSIDE THE REALM OF THE POSSIBLE ABOUT...

Intra actions- quantum mechanics; The Anarchive - Sher Doruff = we are never just ourselves





TO COLLECTIVELY DREAM WHITIN AND OUTSIDE THE REALM OF THE POSSIBLE ABOUT...

encompasses the whole of the known and unknown consciousness







ART APPLE

► To collectivly dream whitin or outside the realm of the possible about X





ART APPLE

- ► To collectivly dream whitin or outside the realm of the possible about X
- ► NewART: on the boarder or beyond





ART APPLE

- ► To collectivly dream whitin or outside the realm of the possible about X
- NewART: on the boarder or beyond
- PerspectiveART inside the known but above the





ART APPLE

- ➤ To collectivly dream whitin or outside the realm of the possible about X
- NewART: on the boarder or beyond
- PerspectiveART inside the known but above the
- ► AutonoumousART: the things we automatically collectivly dream is possible







Meaningful

► Good: nurturing, good for you someone else or the society a cause etc..





Meaningful

- ► Good: nurturing, good for you someone else or the society a cause etc.
- ► Bad: bad for, unhealthy, hurtful etc





- ► Good: nurturing, good for you someone else or the society a cause etc.
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- Meaningful: having a clear goal, clear purpose for being, etc





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- Meaningless: no clear goal, no clear purpose for being/existing etc.





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- Meaningful: having a clear goal, clear purpose for being, etc
- Meaningless: no clear goal, no clear purpose for being/existing etc
- Subjectivity from paradigm of thought/ belief/mind/science/ideology/faith/ dreams/etc...


Meaningful

THE ART APPLE

- Good: nurturing, good for you someone else or the society a cause etc.
- ► Bad: bad for, unhealthy, hurtful etc
- Meaningful: having a clear goal, clear purpose for being, etc
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- Subjectivity from paradigm of thought/ belief/mind/science/ideology/faith/ dreams/etcl
- Subconscious feeds conscious and vice verse













Spending resources (time, money, place, material, EF, Energy, thought, Mind, faith, etc) on creating a room where ART is allowed to happen?



- Spending resources (time, money, place, material, EF, Energy, thought, Mind, faith, etc) on creating a room where ART is allowed to happen.
- ► A room where we are allowed to fail and be awesome

I started, and finished, listening to Berne Browns "The Power of Vulnerability this week (w42 2002) and she says a couple of things in her book that totally translate to what I'm trying to 2022! 🤪 do.

- 1) About love she says: "What we do as researchers is just dismiss it's importance because we can't define or measure it — Which makes no sense at all" (25;45 min in)
- 2) She also says "If we don't start defining it we don't even have a shared vocabulary to disagree" (27;14) about not trying to define it out of a 'here look at my awesome definition of Love'-way but as a conversation starter to the importance of trying and taking it into account.
- Definition of LOVE: "We cultivate love when we allow our most vulnerable and powerful 3) selfs to be deeply seen and known — and when we honour the spiritual connection that grows from that offering with trust, respect, kindness and affection" (27;30).



- Spending resources (time, money, place, material, EF, Energy, thought, Mind, faith, etc) on creating a room where ART is allowed to happen.
- ► A room where we are allowed to fail and be awesome
- Berne Browns LOVE+resources + ART = a nurturing meaningful place to seek newART from



'3)' because I think her research about vulnerability, and here her definition of love, clings very true with what we always say with in the ARTs — "that without the room and possibility of failure ART has a very slim chance of ever existing". And what is 'room for failure' but another word for vulnerability. And what is the best place to be vulnerable? A place where we are loved. In other words: To have the very best chance of creating ART and ARTistic processes, we need to have a working environment also soaked in LOVE: Because to be in an ARTistic process and creating ART and to be able share that in a room needs us to bring "our most vulnerable and powerful selfs to be seen and known" and to be met with "trust, respect, kindness and affection" along the way.



- Spending resources (time, money, place, material, EF, Energy, thought, Mind, faith, etc) on creating a room where ART is allowed to happen.
- ► A room where we are allowed to fail and be awesome
- ► Berne Browns LOVE+resources + ART = a nurturing meaningful place to seek newART from
- ► Lack of LOVE leads to a process of fear which much easier leads to ARTist being safer and creating more from their known to please a demon director or be sure to generate good materiel in time...





► Back to this apple thingy...



- ► Back to this apple thingy...
- Awareness of which process we are in and which process we want to be in and why and how



- ► Back to this apple thingy...
- Awareness of which process we are in and which process we want to be in and why and how
- ► The demon director and the just doers



WHAT IS AN ARTIST?

"To dream collectively within or outside the realms of X, in such a way that oneself or the now/future receiver has the best chances to ART" - And depending on what your aim is: to baffle, entertain, scare, bore, disgust, glamour, produce something nursing and meaningful or hurtful and completely useless to provoke... you can play in the whole realm of ART - And people and even yourself will have opinions about how you choose to work and present... And it all depends on our predisposed paradigms of thinking...

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WHAT IS AN ARTIST?

- Being an ARTist in the full spectrum
- But it's also about having or being given the resources to be able to allow oneself of being in any kind of ARTistic process as a way of life, work or experience ...



WHAT IS ARTISTIC RESEARCH?



WHAT IS ARTISTIC RESEARCH?

Nobody knows



WHAT IS ARTISTIC RESEARCH?

Nobody knows?



8.4 What is artistic research? ARTistic Research is doing ART (Maybe if you're a university just newART that is at the edge of what is possible for the society and world in your field? Like new possible ways to do, interact, experience or think and dream about your field etc.) and finding a/ someway to document/share/store your newART for others that comes after you to build upon and in so doing adding to the general ART-knowledge.

WHAT IS ARTISTIC RESEARCH?

- Nobody knows?
- But let's stick with this one just to be able to move on, for now...



WHAT IS "THE ART OF"?

- ► So thinking about art in the way of ART then every field is governed by their ARTist or some ARTist ARTing for them... to make major leaps or creating faith or ideology to steer us all in the direction to get the tools where it is actually possible to do said ART as just the fields purpose...
- Davinci's helicopter
- ► Jules Verne's space rocket
- ► The bibles mark (or chip) that everyone needs to be able to pay for stuff or be part of the future society...
- ► The holodeck in Star trec or FTL speed (which all is created now in some way).







WHAT IS THE ART OF ACTING

. . . .



To live truthfully under given imaginary circumstances

Konstantin Stanislavskij, Sanford Meisner



To collectivly dream within our outside the realm of the possible about living truthfully under given imaginary circumstances

The ART of Acting





WHAT IS THE ART OF ACTING

► In short to ART about acting



WHAT IS THE ART OF ACTING

- ► To ART about acting
- ► The ART of Acting in/towards/with etc



kes it very hard to box in. And maybe that is why we also see actors jumping around between so many ART-forms - because Actors can't just learn to live truthfully under given imaginary circumstances without also train themselves in the specific tolls each platform needs of them to be perceived as acting truthful...

In theatre the actor needs to:

- master the ART of projecting the voice in relation to the audience as if acting
- master the ART of projecting the body in relation to the audience as if acting
- master the ART of projecting the mind in relation to the audience as if acting
- master the ART of projecting the action in relation to the audience taken as if acting
- master the ART of projecting the thought in relation to the audience as if acting
- master the ART of projecting the relation in relation to the audience to as if acting
- master the ART of projecting the belief in relation to the audience as if acting
- master the ART of projecting the storyART as in relation to the audience if acting
- master the ART of projecting the poeticART in relation to the audience as if acting
- master the ART of projecting the Stage combat in relation to the audience as if acting
- master the ART of projecting the dance in relation to the audience as if acting
- master the ART of projecting the poetry in relation to the audience as if acting
- master the ART of projecting the text in relation to the audience as if acting
- master the ART of projecting the choreography in relation to the audience as if acting
- And so on...

WHAT IS THE ART OF ACTING

- ► To ART about acting
- The ART of Acting in/towards/with etc
- Acting is then also the ART of X to be able to act truthfull in Z medium





Acting is actually a multi-disciplinary ART-form and has always been, which makes it very hard to box in. And maybe that is why we also see actors jumping around between so many ART-forms - because Actors can't just learn to live truthfully under given imaginary circumstances without also train themselves in the specific tolls each platform needs of them to be perceived as acting truthful...

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WHAT IS THE ART OF ACTING

- ► To ART about acting
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- Acting is then also the ART of X to be able to act truthfull in Z medium
- > Y? because the audience needs to perceive them AS acting truthfull in Z medium



But this isn't enough because the actor also needs to operate under specific Forms and sometimes those forms are just to learn to operate in specic lighting, clothes, sound, scenery, direction and choreography but sometimes those forms are total separate acting techniques aiming for the same goal or of being truthful at a very specific thing under given imaginary circumstances: Clown (being honest, reactive, perceptive and true about what is really funny) (per Sörberg), Grek och Rock (Being honest and open and vulnerable readable with the voice)(Pia o Karin), Michael Chekov (Creating a more truthful body and mind as perceived by the audience), Chubuck (creating a honest and compelling reason to act to win in relation to), Meisner (creating truthful reactions from listening attentively and staying focused on a truthful need from the coplayer), Story-telling (staying true to the atmosphere in the audience and building rapore true real contact with the audience), Mime (using tools of mimicry to authentically crate a truthful body), Stage fight (to safely portray violence as if true), Intimacy coordination (to safely portray intimacy as if true), Brosowski mime (Using mime as foundation and a tool to create truthfully living bodies under imaginary given circumstances), Decruix-mime...(the ballet version of Brosowski mime, i.e. much stricter form with more obvious rights and wrongs) etc...

And this isn't enough either because the actor also needs to be able to use or be in relation to platform specific tools like: puppets, stage-machinary, Stage lighting, costume, Mask and hair, scenography, stage technique, pyro and effects and other collaborative ART-forms and professions.

AND last but the most important they need to be able to live truthfully in relationship to how the audience actually perceives the acting and not how they themselves feel/believe/dream/ think/mind/etc they are being perceived by the audience whilst acting ...

WHAT IS THE ART OF ACTING

► To ART about acting

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- ► The ART of Acting in/towards/with etc
- Acting is then also the ART of X to be able to act truthfull in Z medium
- Y? because the audience needs to perceive them AS acting truthfull in Z medium
- And each acting technique we have can be said to focuses on some part of the "living truthful under given imaginary circumstances"



8.6.2.1 SoMe definition used

So to have some direction for what I mean with Social Media it is any web2 or web3 based media and/or platforms/programs/apps/etc. that is built/made/used/etc. for/ on/etc the web(n+1) to be interactive with and used as an interactive tool to connect 2 or more parties through charing any form of media as a way of communication and purpose:

So a homepage isn't social media because it doesn't allow the parties to interact by charing media between each other as a purpose on that platform... it allows someone to gather information about something and then contact that person trough another media in another form of media: email, phone, text, Linkdn, messenger, google calendar etc...

The chatfunction is, email is, text is, messenger is, zoom is... Tik Tok, Instagram, YouTube etc... most of these are what you could say to be Multi Social Media: I.e. Platforms where you can interact through several different mediums of communication: Film, text, pictures, etc...



THE ART OF SOCIAL MEDIA ACTING

► A kind of open definition used



or future audience ART about X or about the possibilities of SoMe Acting itself. one else.



THE ART OF SOCIAL MEDIA ACTING

- A kind of open definition used
- ► The ART of SoMe Acting then maybe is?
- To Act on SoMe in such a way that it makes oneself or the now and/ I.e. to live truthfully under given imaginary circumstances on any kind of SoMe platform on web2 or web3 etc that generates ART in some kind of way for you or some-





The ART of ADHD SoMe





The ART of ADHD SoMe

What is the ADHD





The ART of ADHD SoMe

What is the ADHD



ADHD 1 = the artist knowingly have ADHD and tries to incorporate everything they know about how they and other's with ADHD work with ADHD to make the AR-Tistical processes or/and ART as friendly to themselves or/and others with ADHD. (Self-Activism and activism for others)

ADHD 2 = the artist knowingly have ADHD and doesn't try to incorporate everything they know about how they and other's with ADHD work with ADHD to make the ARTistical processes or/and ART as friendly to themselves or/and others that have ADHD. (Denial? Trying to fit in? Masking?)

ADHD 3 = the artist doesn't know about their ADHD and tries to incorporate eve-

rything they know about how they and other's with ADHD (unknowingly) work with

ADHD to make the ARTistical processes or/and ART as friendly to themselves or/and

others with ADHD (unknowingly). (Going their "own" way, forced to go their own way...)

ADHD 4 = the artist doesn't know about their ADHD and tries to incorporate eve-

rything they know about how others (neurotypicals) work to make the ARTistical pro-

cesses or/and ART as friendly to themselves or/and other neurotypicals (unknowingly).

(Einstein: Being a fish trying to climb a tree).





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Have you tried scheduling?



So in other words... scheduling is a great tool but just scheduling doesn't work,

we need more, better or/and other tools to do the same thing that the scheduling tool did on it's own for neurotypicals...

If we put it in Acting context it could be the advice to just:

- learn your lines
- Focus
- Pay attention
- Relax
- Release tension
- Stop fidgeting with your hands
- Stand still
- Look the audience/scene partner in the eyes
- Stop blurting out ideas
- Stop interrupting
- Make the scene objective **important** enough to focus on
- Make the action/need **important** enough with your partner so you don't

have any focus on yourself

- Be on time
- Don't wait for the deadline to finish stuff

info@alexanderlindman.se

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- Practice
- Do the routine
- Just...
- Just...
- Just...
- Just...
- Just...

- Practice
- Do the routine
- Just...

Just...

-

- Just...
 - Just...





... be normal.



For Whom and/or what is this ARTistic process for and is it serving it's purpose in the long run for us?

- you can't act anymore if you sacrifice your body or minds ability to stay vulnerable and powerful... ("invite the no so we can trust the yes" intimacy directing)
- Director/headmaster/teacher/producer/ choreograph/etc: Am I really ready to sacrifice my crew/students/etc. by not knowing what they need (even if some of them don't know themselves...)?
- ADHD actor: How long can lafford to not be in ARTistic processes built for me before I start getting really or irrevocably hurt?

Why is it ARTistically relevant to know? It depends, right?

But as Ika Nord once said during class is: Art is having options and choosing one thing over the other The more options the more distinct art when boxed in again....More or less : less from more is more and less from less isn't... We need to be aware so to not harm ourselves or other by coincident

How can we create a meaningful and nurturing experience throughout theARTistic process - even if we need to provoke or cause harm to ourselves/the audience or do meaningless things to find good nugget-perspectives etc?

What ARTistic process do we/I need to (and can we afford to) be in right now?

- newART: generate new brilliant ART (takes a whole lot of time and might even not work, at all!)
- perspART: testing old things in new ways (takes some more time to get right)
- AutoART: generate steady material that is known to work (faster process).





FUTURE PREDICTIONS About (ADHD) SoMe Acting





FUTURE PREDICTIONS About (ADHD) SoMe Acting

CCO: 2 years time everyone will be able to create any movie with any actor playing by ai proming it from your home

BasedAF: builds a mocap holodeck

Actors and the ability to act truthfully in these new scenarios will be greatly sought after until they are not...

Lenses that can see AR = possible to play theatre IRL anywhere.... Play wow anywhere

Broadside dream...

So acting might be as writing is a basic tool for creating you own entertainment and movies from you home or just small funny sketches or viewing life from different perspectives

Chatgpt, Kaiberai, dallee2, etc... tools that help everyone ART and share their ART at a higher level of performance = as industrialisation was to labour now these tools are to ARTing = we are going to see change like we have never seen it before and if we don't try to aim it for humans we might have computer programs ARTing out futures for us or them... and when humans no longer dream their own cuties a...

And if we harness the ARTing of ADHDers with these tools we might keep up for a long time 😅 🤪





Thank you for listening!Have you seen these yet?My socials : Instagram/tiktok/YouTube @acromee

P.s. if you know what NFTs are there is a limited time claim in Acromee's fun is the wayART space...



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