

## Olympia is Over It

After 30 minutes of questions  
To summarize over 40 years of blood sweat and fears  
The psychiatrist looked up from her notepad  
I held my breath for the verdict

Slowly, sitting back in her chair  
She delivered it with certainty  
Revealing to me  
That I have achieved too much in life to have ADHD

I released my breath  
It was hot with frustration  
Pure exacerbation  
Tears streaming down my cheeks  
Releasing years of desperation  
Desperate to be believed

## **I WAS OVER IT**

I should have been over it a long time ago  
But I was trained to be a good girl  
To not question the status quo  
Don't ruffle the feathers of the collective ego  
I needed them to keep this avatar alive

NOW, I'm a woman on a journey  
Of unlearning self-doubt and projected fear  
And I have noticed that I give less f#%ks with each passing year  
So in this particular moment I am unapologetically pissed  
As I sit in front of this doctor thinking of the growing list  
Of moments I was not believed  
Unnecessary hurdles between me and all I have achieved

*Lost keys, appointments missed, daily anxiety that it would all come crashing down because I knew I was forgetting something, I just couldn't remember what it was but I knew it would find me, I just didn't know WHERE or WHEN or WHAT excuse I would need to create to make sure that nobody knew that I had I had ten T. Vs on in my brain and every show was the best show I have ever SEEN, and I couldn't decide which one to watch so I try to watch them all missing the entire plot of every episode.*

I knew without a doubt I had ADHD  
Just like my mother knew when I was a child that I had epilepsy  
Even though mom was told I was a fake  
And that she was just an overprotective mother who shouldn't question authority  
To check her place in the ranks of superiority

Thank God she learned to unlearn or I would probably be dead  
Instead of standing here feeling grateful for the privilege to be angry  
AND OVER IT

I want to make something clear  
I have had incredible doctors help me to succeed  
Doctors who listened and believed  
That I knew my body, myself, my pain  
It's their example that instills hope when faced with more of the same  
IGNORANCE