RYBL PODCAST COMPANION
EPISODE 329

Emma describes ADHD as a "mixed bag" with both challenges and strengths. What are some of the positive aspects of ADHD?

How does the societal expectation of attention and hyperactivity influence the perception of ADHD, particularly for women in midlife?

Emma discusses her view of ADHD as atypical rather than disordered. How does this perspective challenge traditional medical understandings of neurodivergence?

Emma compares neurotypical attention to a garden hose and ADHD attention to a fire hose. How does this analogy help illustrate the difference in attention styles?

In what ways do societal norms, such as the nine-to-five workday, impact individuals with ADHD differently compared to neurotypical individuals?

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How does the concept of "doing well when you can" resonate with your understanding of ADHD and neurodiversity?

How does self-identification with ADHD impact one's self-perception and ability to navigate challenges associated with the condition?

Can you relate to the experience of feeling overwhelmed by ideas or possibilities, as described by the podcast participants? How do you manage this overwhelm in your own life?

What insights or perspectives from the podcast can be applied to support individuals with ADHD in educational or professional settings?

Emma talks about the concept of "body doubling" as a strategy to increase productivity. Have you ever tried this method, or do you have other techniques that help you stay focused and productive?

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