

## Sharing Our Strengths

"ONE MAN'S WEAKNESS IS ANOTHER MAN'S STRENGTH," is a saying that I have often heard. It certainly has applied to me and the friends I have made at CHADD of North Broward in Coral Springs, Florida. I often think back to the early days of our chapter when I, along with ten other people, started working together to build our group. Because I was a newly diagnosed adult with ADHD, I wanted to start an adult group. I was both surprised and pleased at the number of people who came to our first few meetings.

The founding members started a tradition of sharing their strengths with others. Two men discussed business plans in a relaxed and fun atmosphere after they played tennis. Some of us shared our ideas as we walked to keep in shape. Several met for lunch once a week, socializing as well as discussing the education, health, and learning styles of our children. Since we had children of various ages, we could compare notes. We had a garage sale and raised money for our chapter. We pulled our strengths together and shared them with the community and CHADD as well.

At some meetings we supported one another by listening to each other's questions and issues, offering ideas and suggestions rooted in our personal strengths. One member had much experience leading groups, so she volunteered to be the moderator. One member frequently inter-

rupted others and did not like waiting his turn to speak. Our moderator told him that she would look at him and nod when it was his turn to talk. It took some time, but he did learn to look for and adhere to this visual signal.

The best example of sharing our strengths is one that has continued for the past 17 years. I first met my friend at one of those early meetings, and we have been good friends ever since. She loves to declutter and organize, which are two of my greatest weaknesses. She comes over to my house and helps me declutter and throw away things I do not need. Since she does not cook very often, I prepare some of her favorite dishes for lunch. While we eat, we have time to catch up as well as discuss our decluttering project. Right now, she is helping my husband and me clear and organize our home office, so we can work from home in a well-organized environment. She even went shopping with me to choose a shelf to hold our computers.

Sharing our strengths has helped all of us realize that even though we have ADHD, we all have strengths that others do not have. We learn from each other by admitting our weaknesses and sharing our strengths. 🗣️

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**Annette Tabor** enjoyed teaching young children for more than 40 years. She now spends her time freelance writing, tutoring students in reading and writing, and spending time with her grandchildren. She was diagnosed with ADHD late in life and spends many hours volunteering for CHADD.

