

The 12 Days of ADHD

On the first of the special days
I dreamed you gave to me
Acceptance of my ADHD

On the second of the special days
I dreamed you gave to me
Patience when I mess up
And acceptance of my ADHD

On the third of the special days
I dreamed you gave to me
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the fourth of the special days
I dreamed you gave to me
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the fifth of the special days
I dreamed you gave to me
FREEDOM TO BE,
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the sixth of the special days
I dreamed you gave to me
Courage for the tough times,
FREEDOM TO BE,
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the seventh of the special days
I dreamed you gave to me
Joy at my successes,

Courage for the tough times,
FREEDOM TO BE,
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the eighth of the special days
I dreamed you gave to me
Strength to keep on trying,
Joy at my successes,
Courage for the tough times,
FREEDOM TO BE,
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the ninth of the special days
I dreamed you gave to me
Laughter when I'm funny,
Strength to keep on trying,
Joy at my successes,
Courage for the tough times,
FREEDOM TO BE,
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the tenth of the special days
I dreamed you gave to me
Nurture for my talents
Laughter when I'm funny,
Strength to keep on trying,
Joy at my successes,
Courage for the tough times,
FREEDOM TO BE,
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the eleventh of the special days
I dreamed you gave to me
Wonder at my quickness,
Nurture for my talents,
Laughter when I'm funny,
Strength to keep on trying,
Joy at my successes,
Courage for the tough times,
FREEDOM TO BE,
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD

On the twelfth of the special days
I dreamed you gave to me
Pride in my uniqueness,
Wonder at my quickness,
Nurture for my talents,
Laughter when I'm funny,
Strength to keep on trying,
Joy at my successes,
Courage for the tough times,
FREEDOM TO BE,
Space to feel my feelings,
Extra time to finish,
Patience when I mess up,
And acceptance of my ADHD.

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