

Kaden Shover

2015

I Am Not My ADD

I listened I swear! Lost my focus yet again.
Mind racing! But why? Everything I'd heard, seen and felt?
Were the labels true that others gave me?

My mind stopped feeling what I didn't want to feel.
Stopped hearing what I didn't want to hear.
Distraction and daydreaming, my best friends and escape.

Never a quiet minute, a million thoughts a minute.
Always late, never finishing, can't remember, lose everything!
Every day just like the rest, another failure, another test.

Pay attention! Focus! Listen! Stop!
They kept saying I was lazy! Could never be still.
Always distracted, a runaway, train running off its tracks!

After years of being labeled, I knew they all were wrong!
Buzzing, humming, everything happening at once.
My gift? My racing, creative and unstoppable mind.

Distraction is a gift I've learned,
To amuse and entertain,
When all the people around you, keep saying your insane!

Do I struggle and fail a lot? Heck yes!
I'm not a soup can, I won't be labeled!

I am not my ADD! Only part of what you see, Awesome, Distracted, Determined, Me!