

Ce syndrome a bien un nom (en anglais)



Thank goodness there's a name for this disorder.

Age-Activated Attention Deficit Disorder

This is how it manifests:

I decide to water my garden.

As I turn on the hose in the driveway,

I look over at my car and decide it needs washing.

As I start toward the garage,

I notice mail on the porch table that

I brought up from the mail box earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table,

Put the junk mail in the garbage can under the table,

And notice that the can is full.

So, I decide to put the bills back

On the table and take out the garbage first...

But then I think,
Since I'm going to be near the mailbox
When I take out the garbage anyway,
I may as well pay the bills first.

I take my check book off the table,
And see that there is only one check left.
My extra checks are in my desk in the study,
So I go inside the house to my desk where
I find the can of Diet Coke I'd been drinking.

I'm going to look for my checks,
But first I need to push the Diet Coke aside
So that I don't accidentally knock it over.

(Forwarded from an Aged Friend, whose name escapes me.....)

The Diet Coke is getting warm,
And I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Diet Coke,
A vase of flowers on the counter
Catches my eye—they need water.

I put the Diet Coke on the counter and
Discover my reading glasses that
I've been searching for all morning.
I decide I better put them back on my desk,
But first I'm going to water the flowers.

I set the glasses back down on the counter ,
Fill a container with water and suddenly spot the TV remote.
Someone left it on the kitchen table. I realize that tonight when we go to watch
TV,
I'll be looking for the remote,
But I won't remember that it's on the
kitchen table,
So I decide to put it back in the den where it belongs,
But first I'll water the flowers.

I pour some water in the flowers,
But quite a bit of it spills on the floor.

So, I set the remote back on the table,
Get some towels and wipe up the spill.

Then, I head down the hall trying to
Remember what I was planning to do.

At the end of the day:
The car isn't washed,
The bills aren't paid,
There is a warm can of
Diet Coke sitting on the counter,

The flowers don't have enough water,
There is still only 1 check in my check book,
I can't find the remote,
I can't find my glasses,
And I don't remember what I did
with the car keys.

Then, when I try to figure out why
nothing got done today,
I'm really baffled because I know I was busy all day,
And I'm really tired.

I realize this is a serious problem,
And I'll try to get some help for it, but
first I'll check my e-mail..

Do me a favor.
Forward this message to everyone you know,
Because I don't remember who I've sent it to.

And now you have some idea of what life has been like, when my personal Age of
Activation was 10. Having AAADD for so long, I have little sympathy for those who
only now are catching up.....

source : Adrienne Sagherian