



# Flourish Shift: From Shame to Understanding

**It's not that you've failed. It's that you've been trying to function in systems that don't work for your brain. Let's reframe the story.**

What You Were Told	What's Actually True
"You just need to try harder." →	You've probably been trying <i>way</i> too hard.
"You're too sensitive." →	Your emotions sensitive not wrong.
"You're disorganized." →	You need structure that works for <i>your</i> brain.
"You're lazy or unmotivated." →	ADHD brains often need more support to start.
"You're just being dramatic." →	You're likely processing more than others can see.