

# It's Not You It's the Environment

It's not that ADHD makes life unmanageable  
it's that **unaccommodated ADHD in an inflexible world** wears you down.

## You May Have Learned to...

-  Push through even when you're exhausted
-  Mask your feelings to avoid being judged
-  Over-perform to prove your worth
-  Shrink yourself to avoid being "too much"
-  Blame yourself when things fall apart

These are coping strategies that *make sense* when your nervous system is constantly trying to survive.

But there is a cost.

