

A. A. A. D. D. - 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 that there is mail on the porch table that I brought up from the mailbox earlier.

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

I lay the car keys down 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 checkbook 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 Coke that I had been drinking.

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

I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke a vase of flowers on the counter catches my eye--they need to be watered.

I set the Coke down on the counter, and I 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 I spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I will 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 down 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 Coke sitting on the counter**
- * the flowers don't have enough water**
- * the floor is soaked**
- *there is still only one check in my check book**
- * I can't find the remote**
- * I can't find my glasses**
- * I don't remember what I did with the car keys.**
- * The yard is flooded**

Then when I try to figure out why nothing got done today, I'm really

baffled because I know I was busy all day long, 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, will you?

**Forward this message to everyone you know, because I don't remember
to whom it has been sent.**

Don't laugh -- if this isn't you yet, your day is coming!

GROWING OLDER IS MANDATORY.

GROWING UP IS OPTIONAL.

LAUGHING AT YOURSELF IS THERAPEUTIC