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I feel that I have many gifts given to me by God who make me who I am today.

I have had ADHD almost all of my life and I used to get so upset about it. I would get so frustrated when I saw other kids at school never having any problems with basic things like making friends, doing well in school, or just focusing and doing other basic things that came so easily to other kids. I would complain that I had to take a pill to do all the things that came naturally to others.

Now that I'm older I have realized that God didn't punish me or pick me to have the disability when I was created. But, that he gave me the ability to not judge so quickly but to learn people for who they are on the inside and be grateful for what I have. God gave me the ability to judge people not on their looks or anything like that but their personality and what they do to help others.

I try to go through life with an understanding and compassion to other people. I've learned through my gift to not judge people until I know them because everybody is fighting their own battle in someway, shape, or form. It's given me the ability to help others that may be struggling to find their place or where they fit.

I believe talents, skills, and abilities all come from within a person and I like to think that God decided to create me with the disability of ADHD so that I could see the wonderful things about myself and use them to see the good in others.

I no longer get upset, frustrated, or angry instead I accept it and will continue to use the abilities I have found inside me to help and love others.