

That music is, of course, the Star Wars theme song. And this is Stacy Julian with episode 14 of Exactly Enough Time.

You might think from its title, this is a podcast about productivity. And while I love from rock a day and get stuff done. Exactly enough time is much more about being present. It's about recognizing the time you have, and making the most of it. It's about owning what you love (I love my son Chase!) and inviting more of whatever that is, into your life. In this podcast, I tell stories, and I invite you to celebrate people, places and things like Dairy Queen, blizzards-with extra cookie dough- that make you and your life, amazing!

So this coming Saturday is May 4th, It's Star Wars Day, as in "May the Fourth" be with you. This is an important day at our house, because I am the mother, the proud mother, of a bonafide Star Wars nerd. Chase also has ADHD, combined type. Chase is highly capable of remembering information. It's the type of information that he remembers that has often baffled me. Ask Chase anything about Star Wars or Marvel movies, since the new movie was released just a week ago, and you will get more detail than you bargained for. But growing up ask Chase the details of a homework assignment, and he is going to draw a blank. You know we sometimes joke about people having a selective memory. But when it's your child, and it's only one aspect of a many faceted verdict, then it's definitely not a joke. Several months ago in a comment that was left on a blog post, Beth asked me a question. She said, "You mentioned somewhere in the past few weeks about one of your son's having ADHD. You mentioned that he was doing further testing, would you ever be willing to update us on his story? I realized that this is deeply personal. I have a 14 year old son who was diagnosed with ADHD. Sometimes the diagnosis is so scary I can't imagine him going to college and leading a successful life. Sometimes it seems like we've got this. Would you and your son ever feel compelled to do a story starter about ADHD? If this doesn't resonate with you, I totally understand." So just to clarify, a "story starter" is one of the products that I have created with Close To My Heart and it's a small scrapbook that allows you to really focus on one topic and sort of mine, sensory memories and details and get those details recorded in a really doable way. So, to answer Beth's question, yes, that would be a fantastic topic for me to focus

on in a story starter, I haven't done that yet, but I would love to do that. In the meantime, I thought it would be fun to invite Chase to come on the podcast with me. I asked Chase if he would be willing to entertain that idea and he said yes. I asked him then to make a list of four things that he would share with other families, maybe families that are dealing with ADHD or some other challenge that can leave you feeling like Beth reports feeling. Some days, you're like, "we've got this!" and other days, you feel like you're sinking and all is lost. So Chase agreed and I'm super excited to bring you a conversation between me and my remarkable son, Chase.

SJ: So Chase, introduce yourself and say hello and introduce yourself to my podcast listeners.

Chase: Okay, I'm Chase, I'm Stacy's second son, I am 24 years old, currently attending Brigham Young University in Idaho.

SJ: He leaves tomorrow morning so I'm not sure when we'll publish this episode but we wanted to get it done before he left. So, Chase, we have a long history together, 24 years. And I just thought this could be really helpful, perhaps to listeners, instructive maybe, inspiring, you know, conversation because I know there's a lot of kids and people who deal with ADHD and, you know, other difficult things, and moms who try to do their best in raising those kids so just appreciate you sitting down to talk to me. So one thing I wanted to ask Chase and I haven't given him a lot of heads up. I really want his honest you know and real answers, and I want you to tell me about, maybe the first time as a child that you realize that maybe you think differently, respond to situations differently than maybe other kids. Do you have a memory about that at all?

Chase: The earliest thing I can think of was, I was in kindergarten, and I was pretty hungry and I saw that the teacher had some snacks on his desk. So I went up, and I took his snacks, and I got in trouble. But I didn't understand why I went to take his snacks instead of waiting for snack time.

SJ: I think it's interesting because in your mind and the way your, your brain operates, we all have those thoughts actually. We look at the teacher's desk, we think, I'm hungry, there's food, I should go get that. Then we think, no, that's not the best idea, like, wait until lunch, Your brain doesn't do that as quickly. And so this is, and I, what I love about

the story is you're like you didn't understand why, like why am I getting in trouble and I'm hungry and I eat the food that I saw and that didn't equate, didn't make sense. So, I remember one of my earliest memories and I think when I started to learn how to advocate for you, which means, understand your unique and special needs and try to get the help that we both needed. Was it second grade-what was your teacher's name? She did the very best she could, certainly most teachers do. We had a fantastic kindergarten teacher that's actually part of the story, but in first grade that Mrs Radmacher, I remember sitting down with her and her just praising you, she just like I love Chase. I love to watch him, I love to watch how he totally gets up in the middle of some task and goes and helps someone else as soon as you know Bobby drops his pencil, Chase like picks it up before Bob even knows it's dropped it. She was just so complimentary, to the things that a lot of people would be frustrated by, and I remember thinking, you know, you're awesome. You can have my little boy six hours every day, you know, then secondary didn't go so well. Um, and again I'm sure she was doing her best, but she devised kind of a program where she would send you home with a little piece of paper and she either circled the smiley face, the face in the middle had a straight line, so kind of neutral and then there was a frowny face. And I think I counted 21 days in a row where she sent you home with a frowny face. And I was like, wow, you know, like this is not okay. And she would talk to you about, you know what you could do, you know, to get a neutral face or smiley face, but you didn't get smiley faces very often sweetheart. You know, and so I knew that I needed to, to learn more about what you were dealing with, and certainly, you know, we, we had known for a long time that you know there were some developmental things that were sort of behind the standard right. That was a really eye opener for me. So I talked to Chase about doing this. And I asked him, I said Chase only to think of, like, three or four things that you could share with other moms and kids so, I want you to dive in, just tell us number one and then we'll talk about number one.

Chase: #1 is to don't ever give up. It's gonna be worth it in the end.

Stacy: And when you say don't give up, you mean, don't give up on what?

Chase: Trying, don't give up on life.

It leads into the second point where it's gonna suck, it's gonna be hard, but it's gonna be for your benefit, it's going to help you be better prepared for your life in the future.

Stacy: What is going to help you?

Chase: Having ADHD.

Stacy: Oh....So how did you, when do you think you first recognized that ADHD could actually be a positive thing it could be a gift, as much as it is a challenge?

Chase: It was when I was on my mission for the Church of Jesus Christ of Latter Day Saints. I just realized that I was more quick to respond to those in need. I was more willing to help those who weren't necessarily super interested but had little interest. I would care for them more than most other missionaries would.

Stacy: So you weren't there just to like leave a message you really, you always have had a very compassionate heart, like you see people's need and that didn't, didn't matter to you that they didn't want to listen to you necessarily. You just wanted to help them. Yeah, I remember a couple letters that you wrote home where you described people's situations that to me seemed completely overwhelming and you would say something super positive like, but I just know everything is going to work out, like I think you know, maybe one gentleman had been in prison and he was out and he had, you know, a wife and kids and he was way behind, maybe he was on parole, I mean I don't even know if you remember who I'm talking about, but you were just like, I love him, mom and I just know right if he just tried, you know, he's just it's gonna work out for him. I just believe in him. And I remember thinking, wow, you know, it's kind of cool. So point number one- don't ever give up on yourself, primarily.

#2. I love this one when you told this to me, I'm like, that's so awesome, do you want to say it again--

Chase: It's going to suck. It's gonna be really hard.

Stacy: Yeah, it's gonna be really hard, there are going to be days when you want to give up when you feel like- what is wrong with me and why can't things be normal? Those are the things I remember you saying to me.

Chase: You feel very overwhelmed with yourself.

Stacy: Yeah. And, and in school, especially you know, so often you would say I don't know what they want me to do or I don't understand what I'm supposed to do That kind

of thing with assignments and so it just, it took a long time for us to figure out, but for me to figure out how to advocate for you and for you to figure out how to ask the right questions right and kind of get the help you needed. Is that true? I remember one day, this is in high school and you had another teacher, it was language arts. She called me on the phone and she said, I just want to tell you what Chase just did or what he just wrote in his paper, I think, and she said I really enjoy Chase, and (I don't remember the specifics) but here's what I did, it was so amazing to me that she would take the time to call me at home and that she was willing to be very detailed, you know, and just talking about what you had done that was amazing and I stopped right then Chase and I found this picture of your my computer and I printed it and I am a scrapbooker and I went downstairs and I made a scrapbook page in that moment, from that place of feeling so grateful for her and feeling so much love for you because I'm just like, I have to do something with this feeling!

Chase: Was it my freshman year? I don't remember her name but she was really cool.

Stacy: There were certain teachers that you, that really reached you. And that made a difference and then there were teachers that were...

Chase: Remember my French teacher?

Stacy: Yes, I remember- okay- can I tell a funny story and you'll tell me if you remember this. If I'm right, French and Chase just loved this French teacher and consequently loved French, the French language and you've actually taken it into college and had some. Anyway, I remember her having a contest to raise money for something.

Chase: There was a school having a collection for charitable organization.

Stacy: Maybe like a food drive for the food drive or something like that. And so, and if the class that raised the most money would get a pizza party. So this is how it looks at home at home. Your younger brother, Trey, comes to me one morning, "Mom, I had \$10 in my bedroom and now I don't have it, I can't find it." I said, "I'm sure it's somewhere and you'll find it'll pop up later." A couple days later it comes to me "Mom I had like \$25 you know, and he described where it was and goes, I can't find it because I don't understand where it went, you know" and I'm not putting these things together. And then I think it was actually even little Taff would have been little at the time, but he was like "somebody emptied out my piggy bank". And I was like what, and then I think by the

time all three of the brothers said something then I was like, I wonder if, you know, Chase knows anything about this I asked you, and you're like "no no no" -you denied, no. And then how did it. Do you remember how ultimately it came out? But, but again, you know you have this impulsiveness where you know something is not right. It was wrong to do, but the end, you know what I mean is more important, like you see this goal of raising money.

Chase: I do it for a good reason.

Stacy: Right, and so you can justify things that you do for good reason. So it turns out that Chase basically robbed his brothers to win the collection contest. Did you win, didn't you?

Chase: Yea

Stacy: Anyway, so we've had our hard times, we've had some adventures together. Ok, #1. Don't give up, #2. It's going to suck, it's going to be hard.

#3. Don't compare yourself to others. How hard is that to do?

Chase: Very hard.

Stacy: So, what do you think who's who, like talk to me about some of the people that you compare yourself to and you fall into the trap of doing that with.

Chase: A lot of my friends, and a lot, most of the often, my older brother Clark.

Stacy: Let's just say we would all like to be Clark.

Chase: He's cool.

Stacy: Yes, he's cool, yeah he's things have come relatively natural, you know, easily to Clark and it seems he's kind of athletic and he's smart enough and he's, you know, good looking, never had a hard time with the girls or anything like that. And I used to have to tell Chase, you know what Clark is gonna have his own set of challenges right and expectations of Clark will be different than they'll ever be for you. But I, as a mom, I see that that's probably the the one comparison that has really been the most lasting for you and the most detrimental, right, and I'm sure it's hard because you see me and your dad, you know, in your mind you know we treat him different or maybe he gets different privileges or whatever and that's been super frustrating, can you speak to that at all?

Chase: Not really.

Stacy: Okay, so do you have any tips on how *not* to compare yourself like, how do you get yourself back out of that when you go to that place that's not healthy?

Chase: I just kind of let myself go through for a while, and then I eventually just start talking to my mom and mom helps a lot.

Stacy: I can read you fairly well. I see when you're getting down. I think you do a lot of thinking inside and stuff like that. And then, you know, a handful of times, not a whole bunch but a handful of times, you know, you've had a pretty significant breakdown where you're just like, "Mom, you know why, you know, why is it the way it is? Why is Clark, the way he is and why am I the way I am?" I don't have good answers for you. But do you remember what I say? HOw do we handle that?

Chase: Heavenly father designed me the way I am, because he knows that I can handle it. Yeah, like Clark designed for these challenges these trials or so and so wasn't designed to go through the stuff I was but I knew, or he knew that I could overcome it, and I could get through these trials,

Stacy:Yep, you're right. I love it. Okay, point number four.

Chase: #4. This is not a race. So, if you feel like you're behind everyone else. Don't let that get you down. I'm 24 and I still don't have an associate's degree, so don't feel like you need to have everything completed in your life by a certain time. Take your time, and everything will fall into place, when it comes.

Stacy: I think that you said that so beautifully, son, because, and I've seen that in Chase time and time again, you know, he'll get discouraged but then he does he picks himself back up, and the thing about you is that you are continually learning, growing, progressing and getting better. And I'm amazed by that, and even this last summer we had a really interesting experience. You came home for a break from school and I decided you hadn't really had some testing done or you know visited with a counselor or psychologist in a while, so I signed you up for some testing and you spent time with Dr Forsyte, I think his name is, and you know I you know as the mom I want to fix everything and I want to make sure that we're on the right track and that we're doing the right things and I remember going in and sitting down one-on-one with him because he did a lot of one-on-one with you, we sat with him together and talked and then he had a one-on-one meeting with both of us after. Let me know if I'm not saying this, recalling

this correctly, but when he sat down with me I was so anxious for him to say okay, you know, you know, Chase has got this and this and this and this is what we have to do and he sat down for the first five minutes and said, "your son is remarkable." And I was like okay but what's wrong with him? What do I do? How can I help him? He's like, "no, no- your son, for you know, for the challenge that he's dealing with, he is so remarkable. He's so kind he listens intently. He's very, I can tell he's very responsible, he's respectful," you know, and he just praised you, up and down you know and I walked out of there thinking, he's right. Right, I mean we're getting you're going to continue to deal with this for years to come, and I'm going to continue to try to help you, but what a awesome wake up call, you know, from a qualified psychologist to say, look, I counsel and help a lot of people with a lot of different, you know, unique situations and challenges and I'm telling you that this young man has got it going on. Right.

Chase: I wasn't there I don't think.

Stacy: But I shared that with you and do you remember how that made me feel? It made you feel good. Yeah, and you feel good, so it's not a race, don't ever think, I mean I think in our culture we've created some, you know, like a schedule for how people progress through school and maybe things that they should be doing at certain ages, and we've just decided, you know, as a family and with Chase that he's on his own time schedule and there really isn't a race, there's not a certain thing, you know that you're supposed to have done at a certain time as long as you're progressing. So, this is where I'm going to be super vulnerable and you're just going to tell me Chase one thing that my mom did that didn't work.

Stacy: One thing I came up with was that she wasn't very patient when I was younger, a lot of times, it was hard because she was still learning, I was still learning so I think she just didn't understand how best to help.

Stacy: Yeah, I remember losing my cool multiple times. And then the thing that's amazing again, about you, is how quickly you forgave me every. single. time. Yeah. So to moms, be kind to yourself to mean you are going to most likely lose, you know your patience and become frustrated and, and sometimes say and do things that you will, you know, regret, but you've got to just keep working on the relationship ask for

forgiveness and then forgive yourself and move forward. So, anything I did okay something I did that worked or helped?

Chase: You didn't give up on me. Yeah, you still love me and even though I made countless mistakes and made those mistakes over and over again, you still were there for me. Well, it's pretty easy.

Stacy: Let me see. So I will share just again for maybe other moms who are doing this journey, or a similar journey that I have. I have one regret that I want to share with you and that is when Chase started doing scouting, you were a boy scout and then he moved into. I'm sorry you were a Cub Scout and then he moved into boy scouting and, I mean I'm sure you did love everything about it, but you know you enjoyed it for sure and you joined during the campouts and you were working on merit badges and. And then at the same time and especially the first couple years of high school, maybe eighth grade/ninth grade, you know you were struggling in school, you know, big surprise I mean that's always been a challenge, right, and so I decided to take scouting off your plate. Do you remember that? I just said let's not worry about this. Let's just focus on school, right, and just not have this pressure of trying to do both. And at the time I thought that that made a lot of sense, and ever since then I have regretted that, because if school if your child is probably not going to excel at school, then I think one of the very best things you can do is give them other stuff that they love and that they will excel at. You could have very easily, you know, gotten an Eagle Scout and I award and I wish I hadn't taken that off your plate, so I regret that I'm willing to share that with other moms get them

Chase: Get them involved in extracurricular activities.

Stacy: Yeah, what were some of the other things that you did. Maybe that are memorable too?

Chase: I mean I played a lot of video games. Not video games but like, I guess it would read a lot to watch my favorite TV shows.

Stacy: Yeah and I needed to give you I had to learn to give you that time when you came home from school, I had to have people counsel me and say, you know, when you come home, your level of exhaustion is so beyond anything that I have experienced, you also in addition to having ADHD have a mild cerebral palsy, and a low muscle tone

and so it takes work, literally for you to sit upright remain and to walk and so when you come home after a day of work or a day of school, you need to lay down, right, like recharge and I, and that was frustrating for me, and I've had to learn to give you that time to just unwind and recharge and, you know, for yourself- you need that. So I'm trying to think of this, any other questions you have anything else you want to say anything that we did? I know one thing that that I wish I knew more about when you were right in the heat of this, I wish I knew more about how diet affects the brain. And I've learned that personally, over the last several years, but I probably would have, had I understood it better, you know, taking some things out of your diet like sugar and kind of the super refined grains, white flour and white rice and that kind of stuff. And you know, you've done some practice with that that you do and feel better right when you're eating less of those things, for sure. It was hard for me because I knew your health and your life was hard and I wanted to you know give you treats. And so, but it really, you were little before a lot of that was, you know, understood very well. So had I known that I think that would have made a difference for you and I know that it makes a difference now.

Okay, any final words of advice or any thoughts?

Chase: Thanks for letting me be a guest on your podcast.

Stacy: Thanks for being a guest on my podcast. We did have fun. I will say a couple things that we did right. I used to have like Dairy Queen dates. So when Chase was down or if I knew something was on his mind or maybe even there was something he was keeping from me and I really needed him to open up with me, I would say let's go to Dairy Queen. Do you remember the rules? As long as you were eating ice cream, I could ask you, I could ask you anything. So I would treat you to a blizzard.

Chase: A cookie dough Blizzard with extra cookie dough.

Stacy: That is Chases' standing order at Dairy green, still to this day still to this day. Maybe we'll finish recording and we'll go get it. And you can have a cookie dough Blizzard with extra cookie dough. Yeah, so that was something I did good as a lot of one on one time, so that we could just focus on getting out of you what it is that you needed to share and what you needed to write. We have a song, I'll probably play a little of this song towards the end of the podcast, but there's things that we've created between

each other that we can use to represent, you know, the relationship that we have. I love you.

Chase: Love you.

Stacy- I love you, I adore you, I love who you are and where you are. I love that you're willing to do things like this with your mom. I cherish our relationship. Life is not easy. If you are listening to this episode and you have a similar challenge. I think you should totally take Chases' advice to heart, it is going to suck, but it isn't a race. And don't ever compare yourself or your child or family member to anyone else. And never, never give up. Be sure to keep listening at the end of the episode because I am going to play you a snippet of our song. The song that for me and Chase has become a mantra. It is encouraging, and you already know the song, you already love it. But in the context of what we've been talking about I think you'll find it a really great reminder.

Okay. I love you, I appreciate your time. I appreciate you listening, if you are enjoying this podcast, please consider giving it a rating, you know, maybe four or five stars. If you want to leave me a review I'm always so grateful for those of course, if you leave me a comment thought question, review, using the SpeakPipe button at Stacyjulian.com then I am going to send you a "story starter" which is the project kit that I talked about earlier in today's episode. This is a product that I have created with Close To My Heart. I'm so grateful that they are sponsoring me in this way, and that I get to treat those of you that are kind enough to take a moment and talk to me, using that awesome orange button you just go to Stacyjulian.com, into the show notes for this episode and then on the sidebar and you can do it from your desktop or your smartphone.

Here's what I mean.

"Hey Stacy- it's Melissa Gross, and I just wanted to jump on and tell you that I've really been enjoying the podcast. I've been mostly listening on the go so have just now taken time to stop and leave you a little note, I kind of feel like it's kind of like Stacy's story Julian, the anti-chronologist is back to encourage us we have exactly enough time to scrapbook the stories that are the most important in our life. Miss you hope you are doing well. I just want you to know I'm really enjoying the show."

Thank you, Melissa. And thank you everyone for listening. I want you to know that you have exactly enough time to love your loved ones, to learn and grow together and to build strong relationships, especially with your family members, there's really nothing more important that we could spend our time and effort doing. You're fabulous. And I will be back next week.