My mind is blank and I want to learn and listen

by Gabriella in Indiana

Help! At behavior therapy counseling, I try to pay attention and listen, but my brain can't stay focused and concentrate. I am not thinking about anything else. My mind is blank and I want to learn and listen to my behavioral therapist and focus and pay attention and everything. What is wrong with me? I can't get the information that is being told to me. I want so badly to get what I am being told. I hate that my brain is this way. My brain is going on overload and it's too much.

My behavior therapist said he will break down what he is saying in therapy much more for me. That is nice that he will do that, but I am tired of having this problem, and I want to be able to learn.

I think I had a thought just a second ago, but I forgot now. I hate it when this happens. I take medication three times a day. I take it for my ADHD, which is a mild case and combined type. I am so tired of these problems. Why am I having these kind of problems? It makes me wonder.

I will be seeing a neurologist to find out if there is something wrong with my thinking. I saw my old therapist from high school days, I thanked her and told her that I am not mad at her anymore. I now know she was doing her job by telling my mom what I said in therapy. This makes her really happy that I am not mad at her. Although, she didn't know I was mad at her.