



# S1:E1 "Because I Want To" Transcript

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**Karen Costa:**

Welcome to the ADHD gallery, a podcast about teaching, learning and living with ADHD. My name is Karen Costa, and I'll be your host and curator. This podcast is for the ADHDers of the world. People like me. Join me to venture through this gallery of ideas, curiosities, brain science, random hyperfocus interests, and reflections on what it's like to live with the gifts and many challenges of ADHD. Fellow dopamine hunters, let's be weird together. Stay connected at [theADHDgallery.com](http://theADHDgallery.com). I'm aiming to be increasingly less active on social in the coming months, and maybe even years. So my website and email newsletter will be the best way to stay in touch.

Hello, everyone, and welcome to episode one of season one of the ADHD gallery. Come on in. My name is Karen Costa, and I am your host and curator. Today's episode is called "Because I Want To."

So let me set the stage a little bit here. First of all, I am extremely nervous, which is an interesting feeling. I do a lot of public speaking. And I get nervous a lot of the time but it's certainly not a deal breaker for me. And as I'm sitting here in my bedroom at 9:41 on a Tuesday morning with my dog on my lap because when he hears me talking (he gets really excited), my 13 year old out in the other room doing virtual school, but just me here alone, I am nervous. So that's an interesting thing to notice. I'm also scared. It's nervous and scared if I'm being honest. So I'm going to do it anyway. Which brings me back to the title of today's episode, which is "Because I Want To."

So I thought that today to start off this first episode, I would take some time to tell the story of this podcast, which is years in the making, and I would talk a little bit about those fears and nerves. I want to tell you a bit about the podcast name and finally what you can expect in this gallery, this ADHD gallery. So let's dive in: the story of this podcast. I'm going to tell it kind of in reverse here. Most recently, I took a course with a new teacher for me. Their name is Marlee Grace. I'll link to their work in the show notes and the course was called "The People's Research." It was one of the best courses I've ever taken —was not what I would call a higher education course although it really was



was higher education, right? It lifted me up. It inspired me. I felt energized after spending time with my fellow learners. It was a group of just really creative, many neurodivergent, many ADHDers, artists, writers, fellow humans, and I would spend time in that space. We met synchronously five times with Marlee leading us, and I would feel like I wanted to create and that I could create and that there were just no limits to what I could do or put out into the world. And then I would go back into some of the spaces that I spend a lot of time in through higher education, my work in higher education. And I would find myself feeling so many doubts and the, you know, those voices in my head saying, "What were you thinking to create that thing? You know, nobody wants that. Nobody needs that." Just sort of that negative energy, and then I go back into this course, "The People's Research," and I feel just super excited again, and that anything was possible. And this sort of like going back and forth between these two worlds really did some things to my brain. And I just was very intentional about noticing that I want to feel inspired and excited, and I want to create things, and I want to feel that things are possible.

And one of the things that came out of that course as we were working together and talking about this idea of the people's research was that I want to create a podcast and that I've wanted to do that for years. And Marlee said something in one of the courses and one of the classes together. They said, "Oh, you know, when I make a podcast, I, you know, basically just talk into my phone and then post it." And I'm sure, you know, more, a bit more goes into it than that. But the point that they were making was "I don't make this a huge deal. I don't try to put out this perfect podcast into the world. I don't hyperproduce this and obsess over every little thing. I talk into my phone and I share it with the world." And a bell, you know, went off in my head at that point. And I thought, you know, I've been putting this idea of a podcast aside for so many years because I thought there was one way I had to do it, and I didn't feel that I could do it that way. As somebody with ADHD, the details that would go into that kind of podcast are just not accessible to me. But I can talk into my phone and share it with the world right? And Marlee gave me permission to do that.

A couple weeks before that, you know, this was all, this was all building. This was all building for years. So I'm gonna kind of take us backwards in time. I was listening to another new favorite podcast with some new, somewhat new, one new and one not so new to me, teachers: Emily McDowell and Holly Whitaker — their podcast *Quitted*. I'll link in the show notes. And Emily said something about how Holly had contacted her and asked her to do this podcast. And Emily said that she had been thinking or wanting



to do a podcast for a while, and when Holly asked her she realized that she had been waiting to be asked to do a podcast with someone. As I was listening to it, when I heard Emily say that, I gasped. I absolutely gasped out loud sitting in my chair listening to this podcast. And I realized that I have been wanting to do a podcast, but I was hoping somebody would ask me to do a podcast with them so that I would get their permission to be someone who could make a podcast, right? I was absolutely looking for that external affirmation. And when Emily said that it just named it for me. And I said to myself, "Wow, there's something there. I want to do this, but I'm waiting for somebody to give me permission." And of course, you know, what if I give myself permission, which I have since done.

I've also been realizing that since my ADHD diagnosis, I've been talking a lot to neurotypical folks, to neurotypical educators, about how to support students and learners with ADHD. This has started to poke at me a little bit. And when I did the Marlee course, we'll call it the Marlee course, when I did the Marlee course, I realized how good it felt to be with a group of people, a lot of whom have ADHD. And we were all just being, you know, weird and wonderful together and chatting about ADHD and it was just absolutely, you know, the most, yeah, we're all the most normal thing to have ADHD. Right? And it, you know, it was just absolutely very grounding and healing for me, to be in a space with folks with ADHD, just being ourselves and learning together. And I just noticed the difference between me as somebody with ADHD going into a space of primarily neurotypical people and talking about how ADHDers can be supportive, which is important, and I'm going to continue to do that. But I, you know, I noticed the difference between that and just being somebody with ADHD, perhaps talking to my fellow ADHDers, just a different, a different work and a different energy. And I've been thinking a lot about that. And I thought, you know, that kind of came together with this idea for wanting to do a podcast. So I was having this energy of wanting to do a podcast, starting to accept that I can give myself permission to do that, and at the same time, thinking "How can I be my ADHD weird and wonderful self and connect with other ADHDers? And through the Marlee course, but also, again, years and years of building up to this, The ADHD Gallery was born.

So I also want to talk a little bit about this fear that I mentioned at the start of the podcast. I have shared a bit over the past couple of weeks that I am going to do a podcast. I shared this on Twitter and LinkedIn, which are my, you know, higher ed spaces, I guess people call them platforms. I don't know. They're places where I go and talk about things that I notice in the world and connect with others who are doing the



same. So I shared in both of those spaces that I was going to do a podcast and invited people to subscribe to my email list. And I, within a couple hours, felt slammed by doubt and fear. Absolutely. Just terrified to do this and put it out into the world. So I'm sharing that because I want to celebrate that. I want, you know, the folks who are also thinking of doing podcasts or writing a book or changing jobs or leaving a relationship or whatever, to know that you can come to a really centered, positive, clear place of knowing you absolutely want to do something, and then when you share it with the world, you can absolutely also get slammed with fear and doubt. I'm gonna go back to Marlee grace. They shared something in the Marlee course, the "People's Research" course, Marlee said something along the lines of, "I'm not brave; I just push send faster." And that was a quote that resonated with a lot of us, myself included. So I'm doing this scared. And I'm just going to push send, and I'm just going to push share, and I'm just going to push publish and, you know, y'all can figure it out. But I want to, I want to celebrate and normalize and be transparent about the terror and fear and uncertainty that came the second I put it out into the world.

The other thing I want to talk a little bit about is the podcast name. So after Marlee's class, I had been thinking about this idea of a podcast and thinking about different names. And I had a dream one night, and in this dream I was an art curator. And I was looking through an artist's portfolio, sort of paging through it in my dream. And I said out loud, "I am so excited for this opening." And I could feel the excitement in my dream. I could feel that emotion pulsing through me. And again, I was not the artist in the dream. I was very clear that I was the curator of an art gallery, not something I have ever thought about doing. I've definitely gotten more creative later in life. But I have never thought of, you know, I don't think I have, you know, that path in my future of being an artist or an art curator. But it was very clear in my dream that that is what I was. And I was quote unquote so excited for this opening. A few days later, I shared that dream with my therapist. And I don't know about your therapist, but you know, sometimes they really latch on to something and you realize that perhaps you've said something that is interesting and worth noting. So I was kind of just off the cuff telling her "Oh, I had this interesting dream. I was an art curator and I could feel this excitement about the opening." And she said, "Well, whoa, whoa, hold on. Tell me that again." Which is not something she does often. And I told her again. And she said, "Karen, this is really important." This idea of me being an art curator and this idea of me feeling pure excitement pulsing through my body in the dream. She was saying to me this is really important. So I thought about that a bit. And this idea of being someone who can curate



and gather and share creative ideas and weird and wonderfulness with the world in this gallery, right? This collection, this podcast, hence the name The ADHD gallery.

So here's some things you can expect here in the ADHD gallery. I realized again, we'll go back to the Marlee class where Marley shared that they talked into their phone and shared it with the world. And I realized when they said that, that I was not going to be able to handle the heavy logistics that go into many podcasts. And let me say I listen to those podcasts and I celebrate those podcasts. And I think that's tremendous that people can do that. But I realized that in this first season, having guests is not going to work for me because of the logistics that go into getting that off the ground, a podcast with another human being coordinating schedules and figuring that all out. So I am here to keep this as simple and sustainable as possible. You are going to get ten solo episodes. We're in episode one now. So you've got nine more coming. Ten solo episodes with me on a variety of topics related to ADHD. My plan is, and spoiler alert, this might change, but my plan is I'm going to release them all at once. So I am going to record ten solo episodes, and I'm doing it that way of recording them all and then releasing them all at once. Because for my ADHD brain when I get into a routine, I can kind of stay in it. But if I'm switching back and forth between recording, releasing, promoting, recording, releasing, promoting —too much on the old executive function skills, so I'm going to go into the path of recording, recording, recording. And then I'm going to go into the path of sharing, sharing, sharing, because I know my brain, and I know you know, I kind of know and I'm getting to know better how it works best.

And the last thing I want to say, and we're coming back here to the title, because I want to, I am very much focused on doing this podcast for me, I am doing this podcast because I want to and because I've wanted to for so many years, but I was scared and I didn't know how to do it. And I didn't think I could do it and I thought I needed somebody else's permission. So I am going to make ten episodes of the ADHD gallery for myself. And absolutely, folks who might listen to this are in the back of my head and in my heart. And maybe this podcast that I'm making for myself will benefit others and wouldn't that be a cool bonus, but it is definitely in bonus territory. I am doing this because I want to.

Okay, everyone. That's a wrap for Episode One. Thank you so much for making the time to listen today. I know that you have a lot of choices about what to give your attention to. And it's an honor truly that you chose me and the ADHD gallery. Your support means the world to me. Please rate this podcast, share with your friends and



colleagues, and of course make sure to sign up for my email list by visiting [theADHDgallery.com](http://theADHDgallery.com) Thank you, friends