

## MY GAS PUMP DEBACLE



Happy New Year, I mean Ground Hog Day! Oh wait ... Happy Valentine's Day! That is next week, right? Where has the time gone? Is anyone else out there struggling with time blindness? Just when I thought I was going to personally re-start 2022 on February 1<sup>st</sup>, this happened ...



Keep reading, it gets better ...

Ya'll this is ME! Seriously, it is! It was a rough start to the week and a rough start (again) to 2022!! I only told 3 people about what I had done! I figured a few others probably witnessed it and were probably laughing and telling their friends and loved ones about it. Honestly, I laughed a little too – but that's kind of where I left it in my mind. I mean, it WAS funny. Maybe I was able to bring a smile to a few of my local neighbors' faces.

Meanwhile (a day later), I'm killing time, scrolling on my phone and see my car and the gas pump driving down the road on FACEBOOK! At the time at least 145 other people, from who knows where, also saw it. At least 66 other people shared it, and I lost count of all the comments I read, too. Ugh! Some stranger saw me driving down the road with a gas pump hanging out of my car, TOOK MY PICTURE (evidently while they were driving), and posted it on Facebook for the entire world to see!

At first, I laughed. Then I was a bit mortified. OMG the entire world is laughing and commenting about this picture! Then I got a little sick to my stomach ... I realized the 3 people I told didn't include my husband. I was even more sick to my stomach. Ugh – now I had to tell him. (I did, and we laughed again, but I was still pretty embarrassed!)

Then I thought, “Wait! You are a trained ADHD Life Coach ... you can look at this in a totally different way. You know that you can CHOOSE how you want to proceed with this. This little event doesn't have to be an embarrassing problem. You can turn this into an opportunity with many different possibilities!” And so, I did. Here is what I chose:

*(Because I am not friends with the Stranger who took my picture, I couldn't reply to her post. So, I figured I would do it here and keep her friends' names anonymous)*

### **Without further ado...**

I want to say a huge 'THANK YOU' to all of the Stranger's friends that could relate to my severe, and embarrassing ADHD moment. I am genuinely and eternally grateful for your support!

**STRANGER'S FRIEND #1:** “My life packed into one picture!”

**ME:** “SAME!”

**STRANGER'S FRIEND #2:** “Nice reminder you're not the only one struggling with life's curveballs!”

**ME:** “OMG thanks for this!”

**STRANGER'S FRIEND #3:** “Did that once ... realized before I got out of the gas station lot. I was so embarrassed”

**ME:** “Ugh! Me TOO, but I wished I would've realized it sooner like you!”

*One of the Stranger's friends also offered share some actual data...*

**STRANGER'S FRIEND #4:** “It happens more than you think. At the gas station the other day, it happened, and the employee said that they had just gotten the pump replaced for the 3<sup>rd</sup> time in 6 weeks!”

**ME:** “OH thank goodness, I'm not the only one!”

**STRANGER'S FRIEND #5:** “I would laugh, but I've done it twice!”

**ME:** “Bless you, Stranger's sweet friend! Thanks!”

**STRANGER'S FRIEND #6:** “I've done that @ the same gas station. Luckily, I heard it yank before it actually came out!”

**ME:** “I wish I had!!”

**STRANGER'S FRIEND #7:** “We were filling up the other day & the car beside us drove off and pulled the hose right out of the pump. He didn't even realize it! We were waving and cars were honking!”

**ME:** “Where were you guys yesterday!! I could've used your help!!”

**STRANGER'S FRIEND #8:** "Oh holy moly. I have a fear of doing this. Hahahaha, I have ADD real hard sometimes. HAHAHA!"

**ME:** "#8, You are awesome and my favorite Stranger's friend! I'm glad to know you're in the tribe too!"

**STRANGER'S FRIEND #9:** "That is one distracted individual!"

**ME:** "Actually, you're right, #9! I have ADHD and not only was I distracted, I was sleep deprived for 2 straight days, the electricity was out, so I decided to go to the gas station to get some coffee!"

- *Did you know that ADHD is not really a deficit of attention, but an abundance of attention to everything all at once?*

**STRANGER'S FRIEND #10:** "End of a 3 day stretch of long 12-hour shifts! I can see it!"

**ME:** "#10, you're close! In the past 48 hours, I had 6 hours of sleep!!"

- *Did you know sleep deprivation can further exacerbate your ADHD and make regulating your attention even harder?!*
- *Did you also know that ADHD can have multiple co-existing conditions?*
- *Did you know that 56% of people with ADHD have sleep disturbances! Check out [Chris Dendy's ADHD Iceberg](#) for a breakdown of the potential co-existing conditions, or this modified version of Dendy's Iceberg, [What Every Teacher Should Know About ADHD: A Poster For School](#).*

**STRANGER'S FRIEND #11:** "Wasn't me! LOL!"

**ME:** "#11, You sound like you've been in my shoes before, I'm so glad I'm not alone!"

- *Did you know 6.1 million children in the United States (9.4%) between the ages of 2 to 17 are estimated to have ever been diagnosed with ADHD according to a 2016 study from the CDC. (Check out the article [ADHD Statistics: ADD Facts and Research](#) and [CDC ADHD Data and Statistics](#))*
- *Did you know that approximately 5% of adults or over 11,000,000 adults in the US, have ADHD? (Check out these articles and resources: [What is ADHD? Definition, Myths & Truth](#) and CHADD's [Understanding ADHD](#), and ADDA's [What is ADHD?](#))*

*To the Stranger's friend who offered some positive feedback, I am especially grateful!*

**STRANGER'S FRIEND #12:** "At least the driver is not driving on the wrong side!"

**ME:** "OMG! Thank you SO MUCH for this! Thank you for noticing what I did right!!"

- *Did you know that according to a study by Pelham and Fabiano (2008) that a typical child with ADHD experiences an astonishing half a million negative, coercive, oppositional interchanges each year?*
- *Did you know that for every negative experience any person has, it takes 3 positive experiences to balance out the negative?? That means in order to maintain a positive outlook, you actually need 4 positives for each negative. – Check out Dr. Barbara Fredrickson's book, Positivity for more on the actual science.*

*To the Stranger's friends who had questions ...*

**STRANGER'S FRIEND #13:** "I mean, how do you go back and explain that?"

**ME:** "Well, you just have to own it! I mean first, you have to notice that it's hanging out of your car, and then you have pull over and stop, and take it out ... blah blah blah ... I put that hose in a box in my car, took it back to the gas station, told the rather frustrated attendant, 'It was me!' and handed her the hose. I asked if it would be hard to fix and she said 'No.' She plugged it back into the pump and I went home – It really wasn't hard."

**STRANGER'S FRIEND #14:** "Has a gas station reported a missing pump handle?"

**ME:** “No, but if they had, they probably would’ve also reported the hose too, since I was also dragging it down the road. Before they could report it, I actually owned my ADHD and returned the pump handle and the hose.”

- *ADHD isn’t an excuse, but it can be explanation ... and it is real ... and it is hard. Learning about your unique brain wiring, can lead to acceptance and self-compassion. Learning to work from your strengths, instead of from areas that are challenging, are all things a trained ADHD Coach can help with.*

To the Stranger’s friends who had other feedback...

**STRANGER’S FRIEND #15:** “I would just throw it aside and keep on going 😊”

**ME:** “Actually, for a split second, I considered this option, but that would have been littering and dishonest. One of my character strengths is honesty and I would have been out of integrity with myself had I done that.”

- *As an ADHD Life Coach I work from my client’s strengths and I knew I had to lean into my own – check out [www.viacharacter.org](http://www.viacharacter.org) to find your strengths!*

**STRANGER’S FRIEND #16:** “So that’s what that noise is!”

**ME:** “Ha.Ha.Ha. That’s funny, LOL. Honestly, thank goodness for the noise!”

- *Did you know Inattentive ADHDers often spend a lot of time in their heads paying attention to the bajillion thoughts and connections swirling around in there? If it wasn’t for that noise, I would have driven that pump all the way home!*
- *\*NOTE: Bajillion is not an actual number, only a rough estimate.*

To all the Stranger’s friends who laughed...

**STRANGER’S FRIEND #17:** “I don’t want to laugh, but I’m thinking about when they pulled up at home and got out! 😂 😂”

**ME:** “Well, that would have been funny ... but I actually figured it out ½ way home! And let’s be honest, two laughing emoji’s mean you’re laughing.”

...

### **Here’s another truth about ADHD:**

It’s funny, and it’s not funny. ADHD is also hard, frustrating, emotional, and exhausting sometimes ... and then there’s this thing called **RSD – Rejection Sensitive Dysphoria**. The word dysphoria is Greek for “unbearable.”

I will admit, I experienced a little RSD when I saw the picture of my car driving down the road that was taken by a stranger and posted on Facebook with all the comments and all the shares - it was a bit of a gut punch and embarrassing. It could’ve done a number on me but I am thankful it didn’t. RSD is truly a painful, physical, gut wrenching phenomenon that is difficult to prevent from feeling at times. The crazy thing is, it doesn’t have to be connected to something that’s actually a big deal. It just feels like it to the person with ADHD.

- *Did you know that 99% of people with ADHD experience RSD? Check out Dr. William Dobson’s articles [How ADHD Ignites Rejection Sensitive Dysphoria](#) and [\[Self-Test\] Could You Have Rejection Sensitive Dysphoria](#) along with several other peer reviewed articles at [www.additudemag.com](http://www.additudemag.com) to learn more.*

### **Here’s another important fact:**

ADHDers are fun, curious, spontaneous, inventive, generous, creative, inventive, serving, interest driven, and brilliant human beings. They are entrepreneurs, artists, athletes, lawyers, doctors, therapists, teachers, landscape designers, chefs, dentists, actors, police officers, fire fighters, personal trainers, stockbrokers, YouTubers , authors, stylists, decorators, IT professionals, event planners, musicians, coaches, students, moms, dads, grandparents, aunts, uncles, etc ...

## AND

If you know one person with ADHD, you know one person with ADHD. We are all different and ADHD traits will present a little differently for each person. They will even present a little differently depending on the situation and the day. Let's face it, we're an interesting tribe!

I hope I've been able to share some insight on a few things about ADHD through this funny, embarrassing, and very public ADHD moment of mine. I am immensely grateful for the incredible training I've had through the ADD Coach Academy (ADDCA), which is an internationally known training program, accredited through the International Coach Federation. They are rooted in neuroscience, positivity and strengths. Every instructor is incredibly knowledgeable, compassionate and above all caring. Through my training, I found my passion - To be able to help families and individuals embrace their unique brain wiring so they can live rich, interesting, meaningful, and fulfilling lives.

Finally, I wouldn't have been able to be brave and step out of my comfort zone if it wasn't for my coaching colleagues (including my Mentor Coach), ADDCA classmates, my dear friends, and family - especially my fun-loving sons and my loving, generous supportive husband. Your encouragement, compassion and kindness are truly my greatest treasures! Let's face it, we ALL need connection and community, whether we have ADHD, or not.

One last thing, in all honesty, I thought I was laughing with a small group of people last week. As it turns out, I was laughing with 100's more. I am so glad in this hard and crazy world we are currently living in, I gave you guys some laughter too.

If you're curious about coaching, send me a message! I would love to offer you a free consultation!

Leslie Robbins  
Robbins Life Coaching  
[www.leslierobbinscoaching.com](http://www.leslierobbinscoaching.com)  
[Leslie.robbins.adhdcoach@gmail.com](mailto:Leslie.robbins.adhdcoach@gmail.com)

*"Who you think you are is vulnerable. Who you ARE is INVULNERABLE."* ~ Ram Dass

*"A cheerful heart is good medicine, but a crushed spirit dries up the bones."* ~ Proverbs 17:22 (NIV)

*"Sometimes your joy is the source of your happiness, but sometimes your smile can be the source of your joy."*  
~ Thick Nacht Hanh