

she's jewcy

I'm Andria, 21 Half Jewish Half Crazy. This is my story.

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Thank you SPARK

Posted on March 22, 2013 by SHESJEWCY

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Does it every take a slap in the face for you to get a dose of reality at some points in your life? For me I always find some book that smacks me in the face and I am talking like a full hand slap. SLAP. Well maybe that is a little extreme but I couldn't help myself but let the book "Spark" by John J. Rate y, slap in the face last night with a little bit of reality.

sidenote: I am single, very single, very single and Jewish, very single and Jewish with no Jewish boys around, so the point that I am about to make relates to the past relationships and dating scenarios in my life. Yes I said scenarios because nothing ever goes anywhere, which in the past was probably a good thing, which makes them scenarios.

My new found home boy Dr. Ratey in his book talks about a patient of his, a woman, who has ADHD and always has dysfunctional relationships.

sidenote: He never met me, why is he writing about me? JOKE.

Bottom line Dr. Ratey writes about how people with ADHD have to get stressed to focus—OH MY GOODNESS that is how I work, completely how I work. When I

Oy vey 1 day ago

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SHE'S JEWCY

65 of his book “Spark” and was boom slap slap my face hurts with reality. I never realized it before till I was read the book and the point was made. Anything I do whether it be school or my internship I purposely wait until the last minute and then all hell breaks loose but at the end I do my work and everything is okay.

Shit, I so have ADHD, I meant to talk about how Ratey relates dating and ADHD with stress. Anyways so here I will quote what he says..”A need for stress also explains why ADHD patients sometimes seem to shoot themselves in the foot. When everything is going well, they need to stir up the situation, and they subconsciously find a way to create a crisis.”

Do you do this? Gosh I do this all the time, just to get a kick out of things if you know what I am saying. Sometime I will say the most inappropriate raunchy comments just because everything is good or simple and I have to. I cannot control it. Recently at a baby shower—which are the dirtiest parties in the world by the way, the pregnant woman said something, and I shout out to well obviously he knows what a nipple is, she is pregnant.

sidenote: This is an Indian couple who are dear friends of my family, and worse yet, his parents were there visiting from India and I am going on about their sex life, and how he is sucking on her nipples relating to the nipples on the baby bottles.

Okay, besides this next part of the slap in the face reality. The dysfunctional patient who might just be me. “I have one patient who, after a series of dysfunctional relationships, finally found a guy she really admires who treats her well (that for sure is not me now). Yet everything time things are good, she picks a fight.”

Now forever I thought I just liked to fight, like it turned me on. My ex, who I dated a few years back I would always pick fights with just because. And what Ratey says is so true, everything would be fine between us and I would just stir up trouble just because. Literally cause a fight or an argument just because, just because, just because.

Gosh, kudos to you Dr. Ratey, for diagnosing my dysfunctionality and telling me more about my ADHD. You think if I explain this to my ex, he will finally give me my shit back after three years?

Sincerely,

Jewcy- The stressed out, fight loving, crisis creating, single, ADHD patient.

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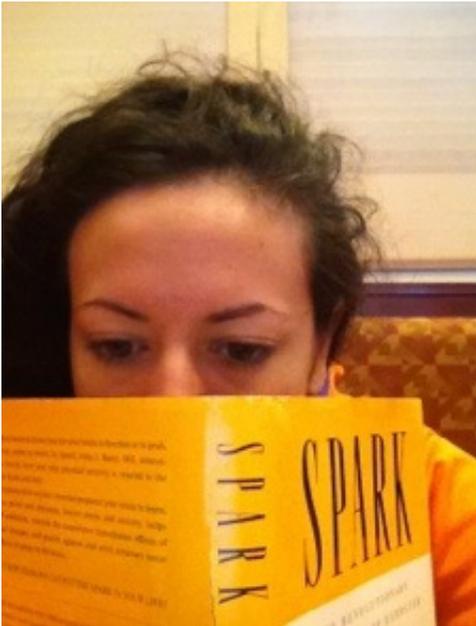
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