

12 paralyzed seconds at the kitchen sink

*wave of nausea from overwhelm

Should I wash the plate or the bowl first?

Maybe I could do the things that need to be washed by hand. Yes. Do that. Wait. There is no room in the sink. Bowl first?

Bowl first. Or you could stop being lazy and scrub. No, soaking is easier. I'm not lazy. It's better.

You should really get more plates. They're in your Amazon cart. Yeah, but they are \$40. I don't have the money. *panic: I can't afford food. You're fine, you did your budget, remember...

Plate first. No, it's on the bottom of the pile and if I pick it up everything will crash. Something will break.

I hate this song.

**The plate no the bowl
The bowl no the plate**

**The bowl no the bowl
The plate no the plate**

Wait should I wipe down counters first?
I wish I weren't alive. STOP TALKING IT'S JUST DISHES.

I'm SO TIRED I MIGHT COLLAPSE. I'm NOT SURE I CAN DO THESE. YOU'RE FINE. JUST TAKE IT STEADY AND YOU'LL BE IN BED SOON...

*angry: Remember that time your youngest didn't take the trash bins down? He was such a STOP TALKING

You can't break these. You can't afford more.

I hate this song.

I'm so stupid. Why can't I just decide? No, you have ADHD, this is just one of those snags. Steady, steady, steady...

It doesn't matter how you do it. Just pick one and move forward. It will get done.

My brain is going too fast. Or is it? Did I take my meds today? Do I need to take more meds tonight? I hate that. No, I don't. But if you don't, you might have nightmares. But I hate that. But you always regret it if you yeah but I hate that shit but yeah if you don't yeah but maybe it's not that bad yeah but you haven't slept in 5 days yeah but...

*angry: Remember that time your youngest didn't take the trash bins down? He was such a STOP TALKING

**The plate no the bowl
The bowl no the plate**

*angry: Remember in 9th grade when you were humiliated STOP TALKING

It's too hard
*tearing up

*scared: what if your oldest ends up dead *sees image of son in a casket STOP TALKING

I have to have 8 plates no you don't break one NO

**The bowl no the bowl
The plate no the plate**

I'm so fat STOP TALKING

Well done.

You got the bowl in the dishwasher.

I'm such a POS for not being able to do dishes STOP TALKING.

It will save time to do the bowl first. But it will be easier to do the plate first. Haven't you soaked that bowl yet? If you had any brains, this would have been done by now STOP TALKING



Your shoulders are in your ears again and you look like Quasimodo I'm a monster STOP TALKING.

Should I wash the cup or the plate next?