

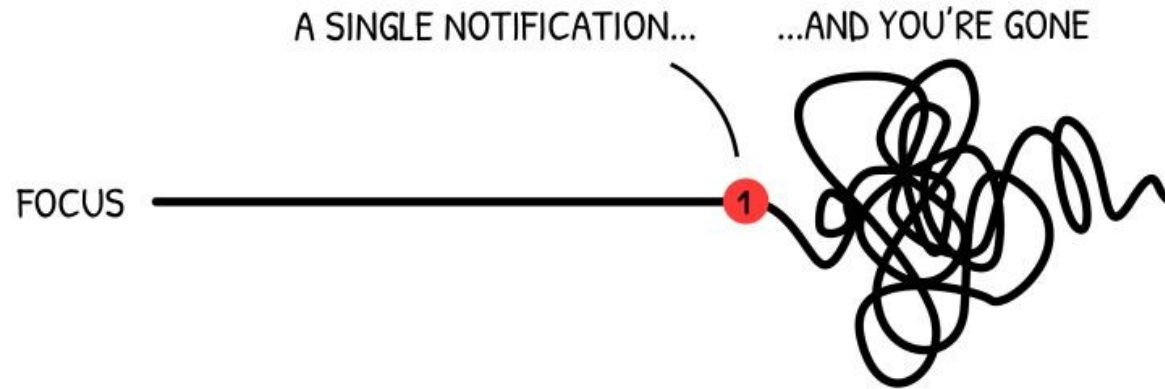
# Offtrack

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28 September 2023



# This is because of a notification



# But it shall help others

That is why I made this presentation

# You can't focus

If people keep telling you that you cannot focus, then maybe it is because you can hyperfocus.

Hyperfocus is a capability which non neurotypicals usually have.

Once you understand what hyperfocus is and how to control it, you can do usually more than neurotypicals in many areas.

# To blame or not to blame

Blame it on my *ADD* baby

Maybe I'm a different breed

# Learn instead of blaming

Blaming is easy. It is a way to avoid having to deal with reality.

Learn to stop blaming yourself and others for stuff which you have to deal with in reality.

Stop dealing with stuff you do NOT have to deal with.

Last line in chapter 2 : 2:286

God does not require of any soul more than what it can afford.

All good will be for its own benefit, and all evil will be to its own loss.

# Learn instead of blaming

So anything which you cannot bear is not because God caused it.

It is because the person trying to bear it got themselves into a position deliberately where they cannot bear it.

Stop worrying about things which do not matter.

There is a difference between worry and concern.

For important things, you should be concerned but not worried.