

This is just an incredibly wonderful bit of writing and insight. Thanks for it!

"But the fact is that I have Bipolar Disorder and ADHD, and consequently contend with addiction, anxiety, depression, insomnia, poor memory function, poor impulse control, poor focus, periods of listlessness, and sundry other mental health issues."

Me, too, but not the Bipolar (and consequent poor memory function but every other symptom you listed fits with ADHD) -- and Bipolar by itself can be entirely consuming. But I can vouch, boy can I vouch!, for ADHD being debilitating in the extreme w/r/t the matters you address here.

I wish you the best dealing with it all. And I intend to try what you recommend -- I have been deeply at sea for a few years and am struggling so hard to get things back on track.