

STEPHANIE MANES, LCSW

Psychotherapy for Individuals & Couples

LOVING WITH ADHD QUESTIONNAIRE FOR COUPLES

ADHD has a profound effect on the way you relate to others. This is especially true in marriages and romantic partnerships, where differences in functioning are usually interpreted as lack of care, concern, or love. Sometimes the effects are glaring, as when ADHD results in chronic unreliability or reckless impulsivity. Often ADHD wreaks havoc on relationships in more subtle and unspoken ways. Failure to recognize its effects can lead to deep frustration, resentment and even the relationship's demise.

The following is a list of questions to help you assess, whether and to what extent, ADHD may be creating conflict in your intimate relationship. These questions serve as tools toward understanding how ADHD may be creating problems in your own relationship. Correctly identifying your own ADHD struggles is the first step to finding lasting solutions for you and your partner:

- ___ Does your spouse or partner complain about one or more of the following: chronic lateness, forgetfulness, messiness, or poor time management?
- ___ Do you have frequent arguments about one partner bearing significantly more of the domestic burden than the other?
- ___ Does your partner complain that you pay more attention to especially work than to your home life?
- ___ Do you find yourself promising to do things to "get out of trouble" and then end up in an argument when you don't or can't make good on the promise?
- ___ Does your relationship suffer from trust issues stemming from a belief that you are impulsive, unreliable, or never follow through?
- ___ Do you and your partner have repetitive arguments about the same issues that never get resolved?
- ___ Have you and your partner fallen into roles similar to that of parent-child or jailor-unruly inmate?
- ___ Has your relationship been affected by repetitive job loss, financial mismanagement or instability?
- ___ Does your partner complain that you are emotionally unavailable, unresponsive or intentionally ignoring his or her needs, no matter how many times they are expressed?
- ___ Have you or your partner fallen into a pattern of feeling habitually resentment while the other becomes defensive and withdrawn? Or hypercritical/resentful?
- ___ Do you frequently lose your temper with your partner or express anger in ways that you later regret?
- ___ Is your partner experiencing chronic anxiety as a result of hyper-vigilance in response to your perceived unpredictability or unreliability?

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- ___ Has your sex life significantly diminished because of disconnection, anger and resentment, or boredom?
- ___ Have you kept a significant secret from your partner, the disclosure of which has (or would) create a crisis in your relationship (such as infidelity, a risky financial transaction, or withholding the truth about other important matters, such as your college record, job title, etc.)?
- ___ Have you and your partner considered separation or divorce because of recurring problems with any of the above?

If the answer is yes to four or more of these questions, ADHD is clearly taking a significant toll on your relationship. The good news is there are resources out there to help you and your partner understand the root causes of your problems, repair damage from the past, and to build a more peaceful relationship.

Call me today for a free phone consultation to discuss how counseling might help and your partner!

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