



# ADHD Couples Success

*7 Essential Strategies For Managing ADHD As A Couple*

By:

Sarah Ferman, Psy.D, LMFT  
Robert M. Wilford, Ph.D.  
Richard L. Ferman, M.D.

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*Learn short-cuts and strategies to successfully manage your ADHD*

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## **What this Eguide will do for you**

The truth is everybody's ADHD is unique. To be successful, you can't simply model someone else's treatment plan and expect to succeed with your own unique brand of ADHD. What you can do, and what we know really works, is to model the processes through which the success is attained, adopt the winning strategies and attitudes that have been proven to work, and apply the concepts that are the foundation of a successful couple.

This eGuide will examine the steps, strategies, insights, and attitudes that couples have found the most useful, where one or both partners have just been diagnosed with ADHD.

Instead of just presenting the same old watered down information available everywhere, we will demonstrate how to acquire the mind-set with which to get the best treatment outcomes. You too, can know what so many individuals now understand, about what it takes to get a real life handle on their ADHD. These concepts and strategies are not only valuable now, they have been proven to help couples throughout their relationships.

More importantly, you will be able to adapt and apply this knowledge into a winning strategy. A strategy that you and your treatment providers can use to maximize your results, and clear the way for you to lead your best ADHD life.

## FEELING TOTALLY OVERWHELMED BY ADHD TREATMENT?

*...Keep Reading And We Will Help You Find Some Relief*

The very nature of ADHD is OVERWHELMING to most people. If you're seeking help for yourself then the task can seem daunting, frustrating and you can quickly feel like the process is more than you can handle. If your seeking help for someone you love with ADHD, like a partner and perhaps also one of your children, then you are most likely already over burdened with the unreasonable demands that get placed on you every day. The thought of having to do still "one more thing" can feel like a serious drain on your sanity as well as your resources.

Well meaning friends and family members seem quick to offer uneducated suggestions and irrelevant ideas, suggesting that somehow this is just a phase or something that will pass. There are even those who would subtly suggest that ADHD symptoms are not even real and that if somehow you "worked harder" in your relationship then your troubles would be over.

These destructive and misguided suggestions usually only add to the existing feelings of guilt and hopelessness that both partners already feel. This only leaves either or both partners feeling even more confused and less capable of getting the help they so desperately deserve.

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## **Avoid Thinking That ADHD Will Just Fade Away Over Time:**

### *Unmanaged ADHD – is it irresponsible?*

Anyone who has ADHD or has treated thousands of individuals with ADHD understands how tempting it is to use the “Ostrich Method” of ADHD management. You know, burying your head in the sand, ignoring the problem, or at least hoping that if you can’t see the ADHD, then it will eventually just get better or somehow all those troubling symptoms will just go away. Nothing could be further from the truth.

For people who are living with untreated or unmanaged ADHD, turning a blind eye or adopting a magical thinking attitude that everything will somehow just work out on it’s own is simply irresponsible.

While it is very tempting, to just give up and put off ever getting help for the symptoms that are troubling you or your loved one; In the long run this will only make things worse. Childhood challenges that could have been more easily handled when a person was young will end up growing into a lifetime of adult habits that can be hard to change. Adult challenges will only continue to compound and snow ball into emotional, financial and legal concerns that can have dire consequences.

The rewards for a person with ADHD finally getting successful help and can be often life changing. Getting a handle on your ADHD symptoms can open up all kinds of opportunities, including being able to be creative in life, successful in love and accomplished in a chosen profession.

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# **Put One Foot In Front Of The Other and You Will Be There In No Time:**

## *How do you get through this?*

What is usually the most helpful thing to do when faced with the perils of unmanaged ADHD is to take deliberate step-by-step actions, that will get you an accurate assessment of the problem, so that you can finally get the relief, assistance, and solutions that you so desperately deserve. That is why we created this guide.

We figured out early on that the very skills needed to successfully start and sustain treatment for ADHD calls upon the very skills that are deficient in folks with the disorder.

If you think about it, the very nature of ADHD is an inconsistent ability to initiate, complete, and successfully manage goal directed behavior, without getting distracted, bored, lost or paralyzed by your own thoughts. That means that many people with ADHD never even get around to calling, scheduling or treating their ADHD.

It is critical that you fight this natural ADHD tendency and do what ever it takes to get the right help that can be life changing. If you're the partner of someone with ADHD it is critical that you assist your partner in finding an ADHD specialist, making the appointment, and if need be – even taking them to their initial appointments.

Of all of the many things already do for your partner, none may be as important as getting your partner started on treating and managing their ADHD. Once they have the



proper treatment and guidance, they can then begin to help themselves more and more successfully manage their ADHD, their Life and their Relationship!

## **Here Are A Few Things To Consider If You Want To Be Successful In Treating Your ADHD:**

**“Acknowledge That Getting Started Is Usually Very Hard  
For People With ADHD...But Get Started Anyway!”**

For many people with ADHD, getting started on things that are not thrilling can seem nearly impossible. It can be tempting to find excuses, make up stories, and get stuck in the process of making deals and bargains with yourself, about why Now is not the right time to get started with treating your ADHD.

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## **Fighting the Urge To Stay Stuck:**

### *What should you avoid doing?*

While change is hard for most people, for many people with ADHD, the idea of change can be severely distressing. Fears of failing yet again at something can easily prevail if you are not prepared for them. Now is the time to recognize and acknowledge that these negative thoughts are going to come flooding in as part of the natural resistance to change. Commit to taking action anyway! Making the decision to commit ahead of time, before the negativity starts; this is a way to pre-plan for your success.

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# **Strike while the Iron Is Hot:**

## *How to not spin your wheels?*

Strike While The Iron Is Hot And Remember The Phrase

“I’ll Do It Later” Is ADHD Language For “That Will Never Happen!”

Don’t be tricked into thinking you will just do it later. For people with ADHD there is only “now” and “not now” –aka “it will never happen”. If you or someone you love has ADHD, then you are probably all too familiar with this concept. For people with ADHD there is the present in which anything is possible, however, that ability to act comes and goes quickly and without warning.

At least, if a person with ADHD takes action while they are still interested, they stand a reasonable chance of reaching out and getting treatment for their ADHD, and only if they “strike while the iron is hot”. Once cooled, the idea gets filed into the “later file”, and it usually is never to be seen or even thought of again. Unfortunately, this illusion tricks people with ADHD over and over again.

### **As The Iron Cools Down So Does Performance...**

Anyone suffering from Attention Deficit Hyperactivity Disorder will tell you that staying focused on a single problem for any length of time can sometimes seem impossible. This is especially true of uninteresting tasks that quickly become mundane.

Once something has lost its excitement, it is quickly moved aside to make way for the next, more exciting option. Sometimes even the slightest resistance in tackling a problem, will slow progress or bring it to a screeching halt.

Unless a person with ADHD has a plan, schedules the task in the moment or sets a reminder to return to that task, it simply doesn't usually ever get attended to. That is why it is important to print this guide out now, three hole punch it and put it in a binder or clip it together and keep it in plain sight, and read and re-read it over and over again.

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## **Decide Early On To Stay the Course Especially If you Don't Feel Like It:**

### *Why do you lose interest?*

Successful ADHD treatment takes time, effort and a willingness to go the distance and stay the course. The truth is that with most things in life, any one thing can mean the difference between success and failure.

People with ADHD are especially susceptible to giving up once the novelty of the situation has ended. In addition, it is wise to remember that many people with ADHD have a very low frustration tolerance, as well as lose interest in something once it becomes routine.

That means that if you or your partner have ADHD it sometimes only takes one reason, one frustrating or unlikable experience to opt out of being successful. Giving up too quickly robs a person of the chance to experience all that life has to offer.

### ***.... AND THERE WILL BE TIMES WHEN YOU JUST DON'T FEEL LIKE IT!***

Remember, there are going to be set backs from time to time in any plan. Think of set- backs as temporary feedback, that something you are doing needs to be changed in some way and that each time you make an adjustment you are closer to finding your ideal treatment strategy.

It is important to start preparing for days when you or your partner just feel like giving up. **Remember GIVING UP is the WORST option ever!** ADHD is very inconsistent and so YES, there will be great days, good days and bad days too. There are times that you will be overwhelmed, tired, sleepy, and it will seem like you have all of the same ADHD challenges that you always had. The good news is that if your ADHD is generally well managed, then this feeling is only temporary.

Be prepared for those not so great days, when you feel like you just don't have the brain power or ability to manage the details of your relationship. Counteract those days with getting to bed early, renewing your commitment to your treatment regimen, eating more protein all day, taking a 10 minute brisk walk, drinking lots of water, and taking time to connect with people and activities that you enjoy.

Avoid the temptation to stay up all night to make up for a day of less than great performance. Instead, turn off the electronics early, take care of your precious brain, and make sure to take plenty of short breaks every 90 minutes the following day to help restart and refresh your mind.

This guide was written from a place of hope, a place of wishing that you could know some of the attitudes and insights that people who have been successful at treating their ADHD have known, and also give you a way to avoid the pitfalls that often keep people from finding success.

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***Attention Adhd'ers Who Don't Like To Read  
Or Think This Guide Is Overwhelming –  
Stop And Read The First Few Sentences Below...***

If your ADHD is so intense that the idea of reading this entire Guide seems overwhelming, then we encourage you to simply scan over the section headlines, and start by reading those bits of insight first. Then if one of those insights catches your interest, then read that section and come back another time to see the next section that seems interesting. Yes, you can read this guide in any order, and even start at the back of the guide, if you like (a favorite trick for many people with ADHD).

No matter which way you read this guide, each section is designed to give you one stand alone piece of insight that will help to launch you onto the fast track, with respect to getting the most out of your first year of managing ADHD.

Being diagnosed with Adult ADHD is a relationship game changer. Change can be hard to accept, and many people with ADHD look for ways to replace anything difficult and mundane with something more stimulating, so it's easy. For couples with ADHD it is very easy to get sidetracked by emotions and never get around to actually fixing the problems. Your relationship is no different.

**HAVING A PARTNER WITH ADHD ISN'T EASY,  
BUT HERE ARE 7 WAYS TO MAKE THE RELATIONSHIP WORK:**

## **1. Agree On A Definition And Diagnosis**

It's important to recognize, as a couple that ADHD is a legitimate brain chemistry problem. Once you and your partner accept that ADHD is genetic and not just a series of learned weaknesses and shortcomings, you can stop trying to learn your way out of a biological condition. Above all, you must be open to change in your life to fully embrace your ADHD partnership

## **2. Be Partners, Not Parents**

It's important to decide to be partners in your relationship, rather than one partner becoming the parent and the other feeling like a “can't do anything right kind of kid”. Since Adhd-ers can easily forget things, it is natural for the non-ADHD partner to start setting reminders. This skill can quickly become over utilized by both partners. Reminders can quickly turn into a type of underhanded scolding. Soon what started out as a good thing, ends up turning into a pattern of “controlling”, similar to that of a parent and a child, rather than two equal adult partners. If left unchecked, “reminding” quickly turns into resentment.

For couples with ADHD, being able to understand when this balance has started to shift is critical to managing fond feelings between partners. At the first sign of a parenting “Vibe” it is important that both partners open a dialogue, about where the breakdown between them has occurred.



This conversation should address the feelings, balance and fairness within the relationship. Addressing this issue, as soon as you realize that a shift is occurring, is imperative, because resentment is a surefire way to destroy intimacy. Once intimacy is destroyed, connection lessens between partners, and the breakdown just gets worse.

### **3. Get The Best ADHD Education You Can**

Adult ADHD is like few other disorders, with “*Inconsistency*” as its hallmark. Unmanaged ADHD can often wreck relationships. Unmanaged and inconsistent, your partners ADHD can make life very difficult to focus on the facts. Emotions and feelings can often get in the way of actually getting relief from ADHD. This is the time for both partners to focus on learning more about ADHD and less about their partners’ feelings.

Many couples in need of healing find that it is only through getting educated about ADHD that neutral ground can be found. From there you can build a foundation for mutual understanding. This is also the time to rely on the wisdom of those that have navigated this path successfully. It is so easy and tempting to use ADHD as a forum for making either partner wrong. Focusing on being right and the painful feelings that already exist between partners, delays getting any real relief. Remember, if you get stuck in the debate over whether or not ADHD is true or not true, you will never find out *what kind of relief awaits you.*

## 4. Set A Time Table For Success

Give your time table at least one year. Pills don't teach skills. Learning something new takes time, so be patient and realistic with your goals. Learning a new way of being is like learning a new language. Get in the habit of having weekly short conversations with each other about your progress. Treat this conversation like a business meeting that must not last too long. Usually a 30-minute time slot will do the trick.

Be sure to address these critical questions:

1. What is working well in your relationship?
2. What is not working well in your relationship?
3. What could be done to do it better next time?
4. What system(s) can be put in place to do it better next time?

Question number four is the most critical to healing your relationship with your ADHD partner.

It is important that both partners find successful system(s) for resolving the issues, challenges and problems, that do not just rely on doing something "better" or trying "harder" next time. It is better to develop systems that more reliable, like writing yourself a note, or texting before leaving the store, to double check that you got everything on a list.

## 5. Communicate Regularly

Be honest about your feelings and have conversations regularly. Loving someone with ADHD can be difficult, because their attention wavers: one moment you're the center of their universe and the next minute, you feel like your partner forgot you existed, coming home hours late, forgetting to pick up important items, running a quick errand only to be gone the entire day, without even giving their partner a courtesy phone call.

One partner's hot and cold interests can make the other partner feel crazy. That kind of uncertainty in the relationship, it is easy to allow your emotions and feelings to build up until you're ready to blow like a volcano. That is why it is important to meet regularly to clarify what is working and what is not.

For some couples, especially couples that find themselves in major crisis, once a week meetings are just not enough. For couples in major crisis, meeting once a day is really the best option. By having short, open, kind, thoughtful and connected conversations daily with each other, you can release unneeded pressure daily and avoid lashing out and creating unnecessary resentments.

## 6. Emphasize The Positives.

No one wants to be in a relationship that is always focused on bad news, so *make time* to focus on the things that are working well. For people with ADHD, negative

conversations just do not accomplish anything positive. Remember the ADHD brain seeks connection to increase the amount of the mind clarifying neurotransmitter Dopamine. When you focus on the negative, Dopamine production decreases, and the person with ADHD just gets lost and unable to find a solution to the problem.

Instead, it is better to focus on *connecting first*, and *correcting second*. This is a powerful tool that is worth repeating: ***Connect First -> Correct Second***. By focusing on what is positive first, dopamine production increases and the ADHD brain comes alive and is able to better maintain much needed focus and connection.

Always start with the bright side first, that is if you can find or reframe one. In fact, some perceived negative characteristics of ADHD also have a good side. For example: Someone with ADHD may always lose his or her keys, and that same inability to remember something from the past, usually means they will not be good at holding a grudge either.

Make sure the *connection* takes twice as long as the correction, and after the correction, be sure to take a minute and reconnect even if just for a moment. This formula takes time to get down just right, and we know from experience that it is certainly worth it! If you will take the time to focus on the good things first, you might be surprised to find that you see more good in your partner than you expected!

## **7. Watch out for Fuzzy Logic.**

It is easy to forget that your partner has a brain that is just wired differently. This is especially true if you are feeling hurt, let down, or forgotten by your ADHD partner. In the heat of an angry moment, it is easy to start using logic that may sound good, and yet, just doesn't really work with the ADHD brain.

It is important to be clear about what is getting attributed to your partner's ADHD symptoms and behaviors, in your relationship. So, while it is true that actions speak louder than words, it is also true that some actions are just the result of under managed ADHD.

### ***Things aren't always what they seem***

When behaviors are assigned emotional values, we begin to misattribute inadvertent actions as being the result of deliberate emotional intentions. It is unfair when they say, "If he or she loved me, he or she would..." The truth is that mind reading has very little to do with emotions and more to do with chemistry.

As emotions rise logic goes out window. It is important to develop a neutral way to provide feedback and leave your emotions at the door. This strategy goes for both the partner with ADHD and the one without ADHD. Focus on the unachieved outcome first, than talk about how it feels, and then be sure to end with what is expected of both partners next time. Be sure to include how or in what way the system/strategies created will increase the likelihood that new expectations are actually met. Remember to

*Connect First*, and *Correct Second*. This will ensure that your message is well received, and that you have the best chance for successfully making changes in your relationship.

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## **Our Promise To You**

*Learn short-cuts and strategies to  
successfully manage your ADHD*

We hope you have learned that while many people share certain symptoms, the simple fact is that everybody's ADHD does look unique. Couples who have been successful in managing their ADHD have taken ideas, strategies and solutions that were proven to be successful for others with similar type of ADHD challenges.

If you can learn early on what attitudes, actions and short-cuts other successful couples have used in their journey to win with ADHD, then you will save yourself countless hours of time, tons of money and most important, they get real results that last.

We hope you will learn from the many other couples that were in the same position as you are now. Together you and your partner might be able to examine the steps, the insights, and the attitudes that other couples have used that seemed to have gotten them the most successful results.

If you will just try some of the ideas presented here, you too can know what so many other couples now understand about what it takes to get a real life handle on their ADHD.

You and your partner can now take that knowledge, adapt it and share it with each other and with your treatment providers to create a winning “***ADHD Couples Life-Strategy***”. Together you both can now maximize your results, and clear the way for you to ***Lead Your Best ADHD Life***.

### **ONE FINAL THOUGHT...**

In any relationship, especially one with an ADHD partner, perfection can never be achieved. Embracing your partner for who he or she is does not mean loving his or her good qualities and bemoaning the bad. It means accepting the good *with* the bad. Remember, there will be highs and there will be lows, and as long as you both are willing to make adjustments and be open to change, you can have a healthy, loving, functioning relationship. Using these seven, **7 Easy** to implement strategies will help ensure that you will get the most out of your “year of firsts” as you begin your journey to successfully managing your ADHD symptoms together!

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We know that we haven't been able to cover every possible scenario in this book, but we hope that you've gained some insights and strategies for dealing with ADHD in your relationship.

If you get stuck, or need further help, we are available through our online solution that we have created to help couples like yourself. You can learn more at our website:

[www.ADHD Couples Success.com](http://www.ADHD Couples Success.com)

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PS Looking for help now.....

We Bring Solutions To Life – Consider joining us online today!

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