

N·P·S

NEALPSYCHOLOGICALSPECIALTIES, LTD

185 Heritage Dr., Crystal Lake, IL 60014
815.477.4727 www.nealps.com

ADULT ADD IN WOMEN

1. Feeling overwhelmed is a perpetual state. They use all of their “free time” “getting “organized” in an effort to feel in control. This ends up excluding friends, family, and recreation from their lives. ADD is their full time job.
2. Their goal is to not feel bad, to survive. This drives them to overwork and feel resentful.
3. They cover up and self-sooth with food.
4. Some have a limitless drive for information and cannot ignore an idea.
5. They isolate in order to recharge, yet seldom feel re-energized.
6. They chose unavailable partners so they have fewer demands placed upon them.
7. They struggle against a desire to speak in groups because they know it is only out of nervousness and a desire to be accepted. Listening allows them to understand others better and to feel more connected.
8. They do not invite others over to their house/apartments because it is “too messy”. They internalize and idealized image of who they should be and cannot match it.
9. Connecting and Disconnecting are hard for them so they keep people at a distance.
10. They sometimes MISINTERPRET reactions by others and do not re-engage them.