



## Impact on ADD Couples

1. Non-ADD partner will recognize they nag too much, but cannot stop.
2. Non-ADD partner can end up in “survival mode” for years, building up resentment.
3. Positive change in ADD partner necessitates a change in non-ADD partner – both can become confused.
4. When rage presents, both should signal for a TIME OUT with minimum time agreed to prior.
5. Try to remember and rekindle the positive traits in the ADD partner: enthusiasm, spontaneity, creativity, high energy, eagerness to learn, high exploring.
6. ADD partner must everyday work their plan; write down goals and keep a LIMITED number of weekly commitments.
7. To commit to not being ADD is not realistic – minimize its impact on your life.
8. Avoid control/dominance/submission “ROLES”.
9. Use praise and encouragement frequently.
10. Do not use ADD as an excuse.
11. Change roles – if she makes the bed/coffee/dinner, you do it.
12. Do early morning cleaning of selected sites to minimize “PILES”.
13. Institute a program of containers, bookshelves, closes with shoe racks, efficient storage, and clear out unused stuff.