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ADHD Tips for Spouses and Partners

1. Be aware of the difference between “won’t” and “can’t”. It’s not that your spouse/partner doesn’t *want* to stay organized, they just *can’t*.
2. Let some things slide. Pick your top three concerns, and let the rest go.
3. Whatever you focus on grows - compliment your spouse/partner as often as possible. Be specific when you praise. Instead of saying, “Thanks for helping,” try “Thanks for loading the dishwasher. That was really helpful.”
4. Be aware that mood changes and frustration can be common symptom of ADHD.
5. Do not tolerate abuse of any form, whether your spouse/partner is ADHD or not.
6. Have a written list of who is responsible for specific household chores. Post this list in a visible location.
7. Hire someone to clean your home on a weekly basis.
8. It is common for people with ADHD to use up all of their energy at their job and then “crash” at home. Allow for some transition time when your spouse/partner comes home.
9. Remember that ADHD is genetic – there is nothing that you or your spouse/partner did to “cause” ADHD.
10. Focus on the positive aspects of ADHD – creativity, a great sense of humor, the ability to multitask, and a great personality.

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