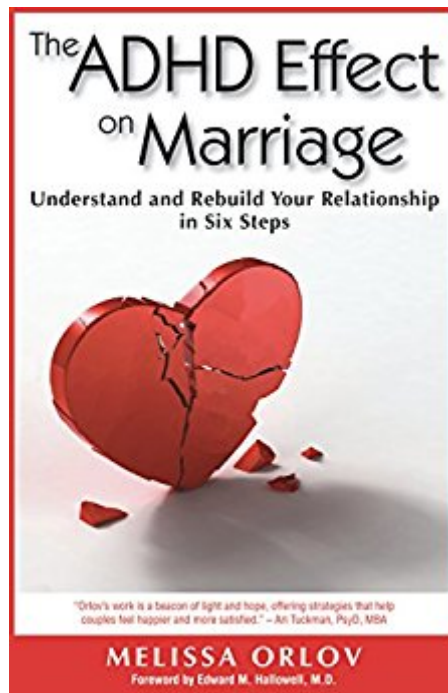


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# The ADHD Effect On Marriage: Understand And Rebuild Your Relationship In Six Steps



## Synopsis

An invaluable resource for couples in which one of the partners suffers from Attention Deficit Hyperactivity Disorder (ADHD), this authoritative book guides troubled marriages towards an understanding and appreciation for the struggles and triumphs of a relationship affected by it, and to look at the disorder in a more positive and less disruptive way. Going beyond traditional marriage counseling which can often discount the influence of ADHD, this discussion offers advice from the author's personal experience and years of research and identifies patterns of behavior that can hurt marriages; such as nagging, intimacy problems, sudden anger, and memory issues; through the use of vignettes and descriptions of actual couples and their ADHD struggles and solutions. This resource encourages both spouses to become active partners in improving their relationship and healing the fissures that ADHD can cause. Also included are worksheets and various methods for difficult conversations so that couples can find a technique that fits their unique relationship and improve their communication skills.

## Book Information

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## Customer Reviews

My wife (who has ADHD) and I (who does not) have just started reading this book together, and we are already benefiting from it! This is the first book that I have been able to find that isn't only about understanding ADHD and the behaviors that tend to be associated with ADHD. It also addresses behaviors that are associated with the nonADHD person in the couple. And that is essential in order for both partners to feel validated, and also in order for each partner to feel empathy for the other. In the past, when my wife and I have attempted to read other books together - books that were written for couples in which one of the partners has ADHD - my wife always felt so bad that her ADHD behaviors were causing such pain for me that she was unable to continue. She came away feeling that since she was the one with ADHD, she was to blame for all our problems. And in some ways, I actually agreed with her. But because she was feeling so guilty, she wasn't able to take a step back and really see the effect her behaviors were having on me. And so we were stuck. The ADHD Effect on Marriage, on the other hand, puts the "blame" not just on the ADHD, but also on the nonADHD spouse's very predictable responses to ADHD behaviors, and also on the ADHD spouse's predictable responses to the nonADHD spouse's responses! So both of us are able to more clearly understand how we are each contributing to the dynamic. She can see the effect her behaviors have on me, and perhaps more importantly, I can see the effect my behaviors (in response to her behaviors) are having on her. And ironically, rather than both of us just feeling bad that we are to blame, we actually now feel that we can work together to improve things.

When we go on vacations, my husband and I usually bring a book for me to read aloud while he is driving. I saw all of the positive reviews and decided to order The ADHD Effect on Marriage for our trip a couple weeks ago. We read almost all of it on our trip and we've been finishing up since we got back. My goodness, I thought we might get one or two good things out of this, but it completely changed the way we view our marriage! In our relationship, I am the one with ADHD and my husband has kind of always been one of those people who thinks "everyone is a little bit ADHD because we all spend so much time on computers, etc." We've been married for a little over a year. The first 5 months were a disaster, and then when I stopped taking Adderall things got a lot better (it makes me very irritable). Marriage has still been really rough, though. As we read the first section "Understanding ADHD in Your Marriage," suddenly everything made so much sense to both of us. Over and over again, the book described our problems perfectly. The author did a GREAT job of describing things from the perspective of the ADHD spouse AND from the perspective of the non-ADHD spouse. There were a couple ideas here that I felt were most helpful: first, there is an example of everything coming to the ADHD spouse at the same level of importance (so, I don't

remember perfectly what it said, but it mentioned something important vs. the bright numbers on a radio clock and to those of us with ADHD there isn't a natural prioritization). Second, Orlov describes a concept of time that is "now" and "not now." Both of these concepts were things I could relate to totally, but I had never been able to explain them to my husband in a way that was meaningful.

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