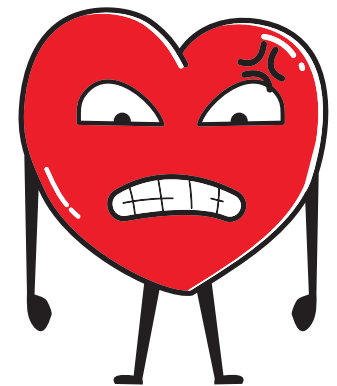


What are the most common relationship issues when one partner has ADHD?



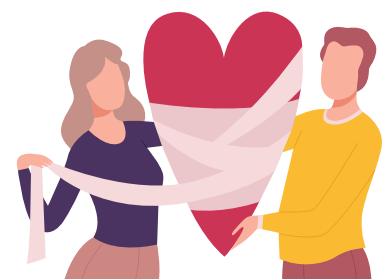
One of the most common and destructive relationship patterns is the parent/child dynamic. In this pattern, the partner with ADHD makes promises but has trouble following through for reasons that may include: distraction, difficulty planning, trouble completing, trouble remembering to do the task, and more.

The non-ADHD partner then takes on more responsibility to compensate, which can lead to resentment and anger.



Other common relationship issues include: chore wars, the non-ADHD partner feeling unloved because it is hard to get the other's attention, misinterpreting ADHD symptoms in a negative way, lying to coverup ADHD symptomatic behaviors, and difficulties with their sex life.

The good news is that once the partners better understand ADHD and learn how to deal with it, they can find the love they thought they had lost.



Learn more at ADHDAwarenessMonth.org