

# Coaching ADD with Sharon

Newsletter #22

ADD Issues in Marriage

September 20, 2007

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Dear Friend,

*Momference*

Join the global  
telesummit for  
educating moms,  
empowering women,  
& celebrating YOU >

**momference**  
A MEETING OF THE MOMS  
October 1-6, 2007

I am excited to announce that I will be a guest speaker at Momference on October 1. My topic will be **Identifying and Managing Attention Deficit Disorder**.

Momference is the first-ever live weeklong tele-conference for women at all stages of life and motherhood. Discover how to live a more satisfying life, reach your personal and career goals and tackle the challenges of parenting- while being a great mom! This week-long event gives you access to experts in parenting, career, relationships, home, self-care and more without having to leave your home. Find out more about

Momference at [www.momference.com](http://www.momference.com)

*ADD Issues in Marriage*

Do comments like, "You never remember," "you don't finish what you start," "You don't plan ahead," "Everything is always a mess," dominate your marriage?



People with ADD deal with inattention, distractibility, forgetfulness, mood swings, impulsive spending and even depression on a daily basis. These symptoms often lead to anger and emotional outbursts, which rarely produce happy relationships.

The ADD adult often feels frustrated, confused and alone. Inattention and distractibility become their identity. They can feel isolated from others even when surrounded by people.

As a result of these issues, the non-ADD partner often takes on extra responsibility to keep the peace. They eventually become frustrated, resentful and accusing and the relationship becomes adversarial.

What can be done to improve the situation and the relationship? The key is **COMMUNICATION! Clear, specific communication.**

1. Use "I" statements. "I feel angry, frustrated by your lateness," instead of "You are always late!"
2. Avoid criticism. Most ADDers have lived with criticism all their lives. Added criticism

will not help the situation. It will only make the ADD partner feel even more incompetent and incapable.

3. Set a time to discuss issues in your relationship when both people are able to talk rationally. Tell your partner what is bothering you in a calm, matter of fact way and then discuss ways that you can both work at solving the problem.

4. Split up the work and responsibilities according to talent, not by traditional male/female rolls.

5. Work on anger management. This can be done in therapy or with a coach.

6. Praise each other. The ADD partner will be especially appreciative of the positive reinforcement.



These ideas apply to all relationships. They are simply more important and truly critical to the success of a relationship with an ADD partner. Work on these suggestions for a week and you will see the difference they can make. The ADD partner will truly appreciate the love and understanding of a patient, caring and communicative partner.

***"Don't Let What You Can't Do Get In The Way Of What You Can"***

## Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site [www.coachingaddwithsharon.com](http://www.coachingaddwithsharon.com) or email me at [sharonh75@optonline.net](mailto:sharonh75@optonline.net).

If you have missed any of my newsletters or want to refer back to them, they are now on my website.

Sharon Howell

A handwritten signature in black ink that reads "Sharon Howell".

## Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit Disorder Association\)](#)
- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)
- [Dr. Daniel Amen and the Amen Clinics](#)

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Visit my website at: <http://coachingaddwithsharon.com>