

## **ADD and Marriage: Is Your Marriage Under Stress?**

If your child has been diagnosed with ADD there is an 80% chance that one or both parents have ADD as well.

Adult ADD is a complicated disorder that affects relationships, job performance, and emotional well being.

Statistics show that 58% of marriages with at least one partner who has ADD are dysfunctional (which is twice that of the non-ADD population.)

Fortunately, there are very practical steps that you can take to determine if your marriage is being affected by a partner with attention problems – beginning with this Marital Stress survey.

### **SURVEY FOR MARITAL STRESS IN ADD COUPLES**

**By Dr. Gregory Moore**

Instructions: Read each question and circle the most appropriate answer to each. Try to go with your initial gut instinct when choosing your best answer.

- 1. Does your partner make promises and then fails to follow through, leaving you disheartened and frustrated?**

1                      2                      3                      4                      5  
Never              Occasionally      Sometimes      Frequently      Almost Always

- 2. Does your partner frequently get angry, only to apologize and feel remorseful later, leaving you feeling hurt and disconnected for a long time after the blow up?**

1                      2                      3                      4                      5  
Never              Occasionally      Sometimes      Frequently      Almost Always

- 3. Do you feel stressed when your partner engages in impulsive behaviors such as: spending excessively, being hyperfocused on favorite activities, interrupting conversations or making family decisions without consulting you?**

1                      2                      3                      4                      5  
Never              Occasionally      Sometimes      Frequently      Almost Always

- 4. Do you feel frustrated and/or embarrassed because your partner seems to have no concept of time, is disorganized and is frequently late for a variety of activities?**

1                      2                      3                      4                      5  
Never              Occasionally      Sometimes      Frequently      Almost Always

- 5. Do you find that there are instances when your relationship deteriorates from adult-to-adult interactions to parent-to-child interactions with one of you acting like a parent or “nag” and the other behaving like a child who forgets things and can’t be relied upon to be responsible?**

1                      2                      3                      4                      5  
Never              Occasionally      Sometimes      Frequently      Almost Always

6. Does your partner tend to turn over tasks (such as parenting or bill paying) to you because he/she feels too “overwhelmed” to handle such obligations?

1                      2                      3                      4                      5  
Never              Occasionally      Sometimes      Frequently      Almost Always

7. Although you can remember a time during your courtship when your partner was very attentive to you, does he or she now seem preoccupied or distracted to the point where the romance has almost disappeared?

1                      2                      3                      4                      5  
Never              Occasionally      Sometimes      Frequently      Almost Always

**Scoring:** Add the numerical values of each of your answers and write the final score here \_\_\_\_.

**Scoring Key:**

A score of 20 or higher indicates that your marriage or partnership is under stress.

There are three key areas of concern in an ADD marriage:

- ~ The first key area is connected to the “triumvirate” of forgetfulness, disorganization and distractibility.
- ~ The second key area is related to emotional reactivity that is often out of proportion to an issue.
- ~ The final area of concern is traced to lack of attentiveness which interferes with one partner’s ability to maintain a strong bond with his/her partner.

Alone, and in combination, these three areas can wreak havoc on a marriage.

***Couples with an ADD partner have significantly higher risk for divorce or significant dysfunction than the general population.*** That stress can ultimately destroy a relationship. It can also impact your children and your health. Chronic stress, including anger, has been linked to heart disease, chronic fatigue syndrome, and a wide variety of other physical ailments.

Fortunately, there are practical tools and strategies that you and your partner can learn in a very short time which can alleviate a great deal of the stress that you are currently experiencing.

If you are concerned about the effects of adult ADD on your marriage and your family, I urge you to seek assistance by consulting with an expert in both ADD and marital discord. Call me today at 609-275-8808 to schedule a complimentary 20 minute conversation to discuss the results of your Marital Stress survey and to explore the practical steps you can take to transform the current state of your relationship in very little time.

Survey developed by Gregory H. Moore, Psy.D.  
Creator of the “ADD Family Toolkit”  
231 Clarksville Rd., Suite 7A  
Princeton Junction, N.J. 08550