



# Walker Therapy Services

## HOW ADHD AFFECTS RELATIONSHIPS

- ADHD affects one's ability to actively listen
- Working memory in someone with ADHD can be short term, they may forget what was said or asked of them
- Intending to do something but may not get it done due to memory, or distractibility
- It is helpful to write down what needs to be done, or what is said so that way if it is forgotten later, you can look at your notes or calendar
- Set reminders for things that need to be done so that way if you forget you will be reminded
- Be patient with your partner with ADHD and try to see it from their perspective, they aren't ignoring you, they may have just not been able to fully grasp what you said or remember.