

Compliments of  
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## Is ADD Affecting Your Marriage?

Only a competent counselor can correctly identify Attention Deficit Disorder (ADD). While a formal diagnosis is an immense step forward, it's helpful to first assess signs and symptoms. This quiz will help you determine whether ADD or an ADD-like condition might be affecting your marriage.

Myself    My spouse

- |       |       |   |
|-------|-------|---|
| _____ | _____ | 1. I have trouble sitting quietly for an extended length of time. I need to be on the move.   |
| _____ | _____ | 2. It's easy for me to lose interest in games, books or conversations.  |
| _____ | _____ | 3. Sometimes people get upset with me, and I have no idea why.  |
| _____ | _____ | 4. I hate schedules and routines. I want to eat when I'm hungry and sleep when I'm tired.   |
| _____ | _____ | 5. I usually have several projects going at once. I thrive on constant variety.   |
| _____ | _____ | 6. I remember faces but tend to forget names.   |
| _____ | _____ | 7. I can follow people in leadership positions who have my respect, but I don't like to submit to people just because they're in a position of authority. |
| _____ | _____ | 8. When I get excited about something, I can't sit still and stay focused.  |
| _____ | _____ | 9. I easily get the big picture, but I don't care much about details.   |
| _____ | _____ | 10. I believe in saying what I think without worrying much about what is nice or socially acceptable.   |
| _____ | _____ | 11. To me, "relax" means shifting gears and doing something different, not drifting into neutral.   |
| _____ | _____ | 12. I get more done sprawled in a chair or sitting on the floor than I can at a desk.   |
| _____ | _____ | 13. I often forget things that will be important later--walking out the door without my coat or keys, for instance.                                       |
| _____ | _____ | 14. I forget, or consider trivial, things that my mate considers important (stopping to pick up groceries, for example).                                  |
| _____ | _____ | 15. I've been accused of interrupting too much and asking too many questions.   |
| _____ | _____ | 16. People say I'm too inconsistent. I think they're overstating it.  |
| _____ | _____ | 17. Risks are where it's at. They make life vivid.  |
| _____ | _____ | 18. Activity around me or other thoughts frequently draw me away from the task at hand.   |
| _____ | _____ | 19. People say my desk or work area is usually a mess, but I can generally find what I need.  |
| _____ | _____ | 20. When something cries out to be done, I go ahead and do it--and worry about the consequences later.  |

Five or fewer checks suggests that neither ADD nor an extreme right-brain orientation are significant factors in your life.

More than five checks suggests that you or your mate might have an impulsive personality, possibly with the presence of some ADD signs and symptoms.

If either of you scored 11 or more checks, impulsivity is probably causing problems in your marriage. If this is the case, the health of your marriage requires that each of you make some changes. If you feel ADD is affecting your life or the life of your spouse or child, professional assessment is necessary.