

# Appreciation, Consistency, and Conversation

DO YOU HAVE QUESTIONS ABOUT ADULT ADHD?

Email them to [attention@chadd.org](mailto:attention@chadd.org) and highly qualified experts will respond.

## What are some ways the partner with ADHD can show appreciation to or validate their partner who does not have ADHD for accommodating their needs?

First, it is important to take time to ask your partner to share with you all the ways they accommodate you. Because we can't truly live another person's experience, you may not be aware of what your partner does and many of the actions may surprise you. Next, write them down to help you remember and to show your partner that you are really listening to him or her.

Finally, acknowledge what your partner does. Now that you have a clearer awareness of the ways your partner is making the world easier for you, make a point of noticing them and then thanking your partner specifically for making these accommodations. I might be a little old school here, but acknowledging when someone accommodates you and expressing gratitude still shows that person we appreciate them.

It may never be possible to know all the ways our partners accommodate for our little eccentricities. However, a simple “thank you”—along with “for loving me enough to do things in ways that help me”—will always go a long way!

Laurie Dupar, PMHNP, RN, PCC  
| Nurse practitioner, ADHD  
specialist, coach trainer



## How can I parent a child who has ADHD and maintain consistency when battling my own unorganized chaotic tendencies?

With ADHD, the consistent thing is inconsistency. Getting treatment for yourself is essential. When you're in an airplane, the attendant tells you to put your oxygen mask on before your child's. As parents, we need to practice good self-care so we can parent to the best of our ability. This includes seeking an evaluation and following through on appropriate treatment.

When our own ADHD is treated effectively, it is much easier to be consistent in parenting. In addition to seeking your own treatment, it is recommended that you consider meeting with a psychologist or counselor to discuss effective parenting strategies.

Stephanie Moulton Sarkis, PhD, NCC, LMHC | Counselor, speaker | Author, *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction & Accomplish Your Goals* (2011)

## When will people stop nagging about ADHD not being real?

There seems to be a double standard in this country—physical ailments that are visible are easy to believe as real. Serious psychiatric conditions that clearly make someone different are also generally seen as real. But ADHD falls into that other category—it's not physically visible, so it's easy for unsophisticated thinkers to say that it doesn't exist or that it is exaggerated. All the mental health conditions tend to suffer this same discrediting.



Too many people have the mistaken notion that it's just a matter of willpower. Of course, this raises the curious question that if it really was that easy, why would anyone choose to have ADHD, anxiety, depression, and so forth?

As with many other examples of social change, it begins with person-to-person conversations. The science is important, but often it's personal discussions that change minds and make that science feel real. You don't necessarily need to disclose your own ADHD, but can speak more generally about people you know who have ADHD, especially after an uninformed comment is made. Politely offer a contradictory opinion and perhaps share some facts. You won't necessarily change someone's mind in that one instance, but it hopefully contributes to a growing awareness that ADHD is real.

Ari Tuckman, PsyD, MBA | Psychologist, author 

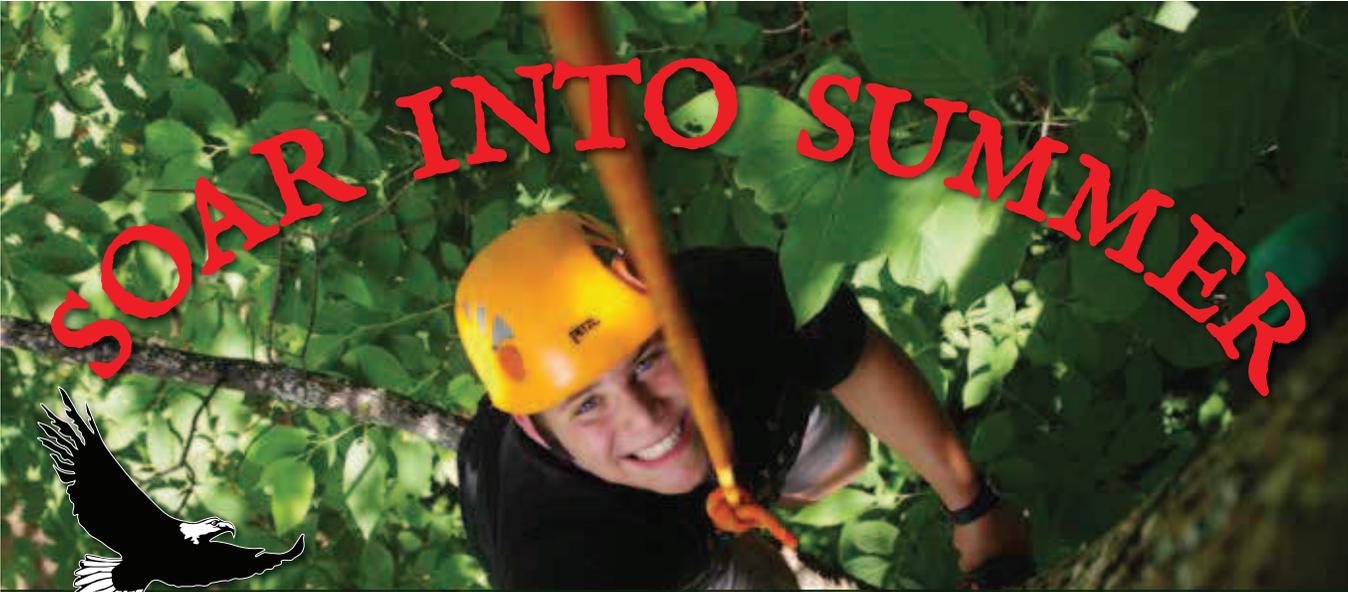
*A psychologist in private practice in West Chester, Pennsylvania, Ari Tuckman, PsyD, MBA, specializes in the diagnosis and treatment of ADHD in children, teens, and adults. A contributing editor to Attention magazine, he also serves on the CHADD board of directors and conference committee.*



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