

## **Worksheet: Taking Stock of Your Treatment ADHD Partner**

NOTE: You may not be able to complete Leg 3 at this time but can return to it later.

### **Evaluation**

- (1) Have you been diagnosed with ADHD or just suspect you have it (pick only 1)?
- Yes, diagnosed and currently under the treatment of a doctor
  - Yes, diagnosed, but not currently under the treatment of a doctor (if you wish to try medications, you will need to start seeing a doctor again)
  - No, not yet diagnosed (if you choose this option, consider scheduling an appointment for diagnosis)
- (2) Complete the Self Report Scale symptom worksheet to get a baseline of your symptoms. You can find this worksheet in the treatment guide at [www.adhdmarriage.com](http://www.adhdmarriage.com)

### **Target Symptoms**

The symptoms I wish to improve in myself are:

Please circle the two or three (at the most) symptoms you feel are *most important* to work on right now. Talk with your spouse about your choices – it makes sense to choose target symptoms that address the major issues in your relationship in some way.

The two or three symptoms you end up with are your “target symptoms” – those symptoms you will work to manage first, and measure your progress against as you move forward.

## Leg 1 – Physiological Treatments

Please fill in the chart below to see if you are optimizing your physiological treatments for ADHD. Use a separate sheet of paper if you have many steps in your planned “next steps” (column 3). Note that if you make a plan, you also need to schedule the specific steps into your reminder system:

### Leg 1 Current Treatments:

<b>Treatment</b>	<b>My Use of This Treatment</b>	<b>Next Steps Needed to Improve Use of This Treatment (or my plan with date of execution of plan)</b>
<b>Aerobic exercise</b> , minimum 4 times a week		
<b>Fish oil</b> , up to 2,000mg a day (note how you remind yourself to take it daily)		
<b>Improve diet</b> (lower sugar, a little protein at each meal, get rid of processed grains)		
<b>Improve sleep habits</b> – goal is 8 hours a night and regular time to bed and getting up		
<b>Medication</b> (dose/ time of day..are you happy with the results?)		
<b>Memory training</b> (i.e. CogMed)		
<b>Neurofeedback</b> for anxiety, impulsivity		
<b>Vitamin D</b> for energy, brain function (amount?)		
<b>Other:</b>		
<b>Other:</b>		

## Leg 2: Behavioral and Habit Changes

Once you have Leg 1 treatments in place you will likely find it easier to work on the Leg 2 habit changes that make so much difference in your relationship. To measure change in Leg 2 set specific, measurable goals that are “time bound” and objective (for example, “leave car keys on car key rack 7 days a week” or “fix dinner for the family every Wednesday night”). With these types of specific goals, you either meet them or you don’t.

I’ve put one example in – fill out the rest and make sure to discuss this section with your partner as some habit changes will be more meaningful to your partner than others. All other things being equal, why not pick something that will make your partner happy?

After you’ve finished the chart, choose two habits to focus on changing right now.

Desired Habit Change	Specific Steps Needed (be creative!)	Steps in place? Successful?
Spend more time with my wife.	<ol style="list-style-type: none"> <li>1.) Eat breakfast with wife (set alarm for 6:30am, not 7:30!)</li> <li>2.) Set reminders to schedule Friday date nights (audible alert on Tuesday at noon)</li> <li>3.) Set reminder to get off computer at 9:30pm to go to bed with her</li> <li>4.) Etc...(you add to this!)</li> </ol>	<p>Groggy – need to get to bed earlier, move alarm across room</p> <p>Need backup reminder Tuesday at 3 in case of client lunch interfering</p> <p>Need series of reminders – 10 minutes out, 5, then actual</p>

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(Uses additional paper if you need it for Leg 2)

### Leg 3 – Interactions with Spouse

There are some common Leg 3 interactions that help most couples. I have included them in this chart so you can see how well the two of you do against them, and start creating your treatment plan to address those in which you feel you fall short. The first one is an example. You should also add other interaction areas that you feel are important to your relationship.

Note that this section of the worksheet is the same for your partner, with the hope that you will talk about it and brainstorm what you think you need to do as a couple. Please make sure to include Learning Conversations and Verbal Cues in your communication plans if you have issues in this area (most do). You can also come back to this sheet and fill it in more completely once you have completed this course.

<b>Interaction Area to Improve</b>	<b>Ideas on How to Improve</b>	<b>Specific Next Steps and Timing</b>
Coordination of chores	<ul style="list-style-type: none"> <li>○ Figure out who does what (chore score worksheet)</li> <li>○ Weekly meeting to match up priorities</li> <li>○ Investigate computer programs for chore tracking</li> <li>○ Measure how long it takes to do chores vs. estimates</li> </ul>	<ul style="list-style-type: none"> <li>○ Complete chore score worksheet on Monday and Tuesday evening</li> <li>○ Download Cozi Calendar and play with it – will it work for us? (due Saturday)</li> <li>○ If Cozi is good, schedule first meeting for following week</li> </ul>
Interruptions during conversations		
Poor coordination around finances		
Communication skills – how to talk more intimately		

& hear each other better?	<b>How to Improve</b>	<b>Timing and Next Steps</b>
Anger management		
Schedule time to be together to have fun, not just chores		
Sex life issues		
Better validation and support of each other		
Distracted from partner too often / non-ADHD spouse is lonely		

	<b>How to Improve</b>	<b>Timing and Next Steps</b>
Set better boundaries		