

# Adult ADHD

By Bret Bradshaw

Summary: ADD is not only a childhood condition. Adult ADHD is real and is more likely to be demonstrated in relationships. Many adults have ADHD and don't know it. The Attention Deficit Disorder (ADD) or ADHD Attention Deficit Hyperactivity Disorder is the technical term of ADD. It is a medical problem inside your brain and not a character flaw. Medication can control these symptoms.

Everyone at some point in their life will experience these conditions and that doesn't mean you have ADD. You probably do not have ADD if on occasion you misplace your keys and can't remember where you put them, or you started doing something and forgot what it was you were doing. You might have ADD if you are constantly misplacing your keys or forgetting what you are doing. You should be concerned if you experience these conditions long term. Most likely you will have more than one symptom.

Here are some of the symptoms commonly demonstrated in adult ADHD.

## **Impulsiveness**

Communication is way this is demonstrated. You do this by frequently interrupting someone else while they are talking. Your comment might also not be about the topic of conversation.

Shopping is another way your impulsiveness may come through. You make impulsive buys. You don't think about it before you buy something. You see something you like and want and you buy it without a second thought. After you buy the product you begin thinking about it and then return the item.

You are not necessarily a compulsive shopper. You are an impulsive shopper. The difference between a compulsive shopper and an impulsive shopper is the compulsive shopper is addicted to shopping and an impulsive shopper is not. Compulsive shoppers intentionally go on shopping sprees to fill some emotional void. Compulsive shoppers like to buy extravagant things.

As an impulsive shopper you don't intentionally shop to fill an emotional need. Your challenge you just happen to find yourself in a shopping situation and see something you like. Your mind doesn't tell you to stop and think about or analyze it.

If you have this challenge you have to consciously make a policy that you don't buy anything without giving yourself at least one day to think about it. This is a lot easier said than done if you have ADD and assuming you are not on medication.

## **Argumentative**

Do you argue for the sake of arguing? Do you argue just because you love the stimulation arguing causes? If you have ADD you have a hunger for stimulation. This creates a huge challenge. You forget that arguing and contention cause serious problems in your relationship.

You easily rationalize arguing because it stimulates your mind but does so in a destructive manner.

Stimulation is something you seek after in general. It is something you hunger and thirst after because it makes your body to feel good.

On the other hand you also use your need for stimulation for good. You go out of your way to romanticize your spouse. Your motive is still to stimulate your brain.

## **Absentmindedness**

You are easily distracted. You commit to do something but stop because you become distracted. Something else grabbed your attention and you went down that path. This is a big sore spot in relationships. If you say you will do something but don't do it will cause problems. Or you may eventually do it but keep the other person waiting for too long.

## **Starter But Not A Finisher**

You start a lot of projects but never finish them. This could be in the form of starting new hobbies only to lose interest soon after you start. You might start work tasks at home become distracted with something else and not finish what you started.

## **Disorganized**

You might have all sorts of clutter around the house. Maybe you have piles of paper all over the tables in various rooms in the house, books strewn out around the house. You could have laundry piled up on the couch.

You might have ADD if you are not paying attention to what you are doing. Again you need to be concerned if this is a chronic problem. Everyone gets stressed out in life and has problems and challenges to overcome. If you are unloading your car and have something serious weighing on your mind and forget to bring a grocery item in from the car may not be a sign of ADD.

If you have a chronic problem of misplacing your keys, wallets, brush, hats etc, then you could have ADD.

Conclusion: Adult ADHD can be a strength in your career but a weakness in your intimate relationships. Self-help and self-development programs may help, but ultimately it is a physical ailment in your brain itself.

#### About The Author

Bret Bradshaw owns the website [mindbodyandmoney](http://mindbodyandmoney.com); about self-help and development and how to run your own business from home.