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## The Impact of ADD on Relationships, Families, School, Work, and Self-Esteem

### Relationships

- Social Isolation
- Teasing
- Fighting
- Misperceptions
- Distractibility
- Problems Taking Turns
- Speaking Without Thinking
- Problems Completing Chores
- Difficulty Playing or Being Quiet
- Sensitivity to Noise
- Sensitivity to Touch
- Excessive Talking
- Lack of Emotional Expression
- Disorganization
- High-Risk Taking/Thrill Seeking
- Easy Frustration/Emotionalism/Moodiness
- Tantrums/Rage Outbursts
- Low Self-Esteem
- Looking for Turmoil
- Chronic Anxiety or Restlessness
- Failure to See Others' Needs
- Failure to Learn from the Past
- Chronic Procrastination

### Families

- Drive Toward Turmoil
- Parental Splitting
- Negative Expectations
- Feelings of Parents
  - Denial
  - Grief
  - On Guard
  - Guilt
  - Anger
  - Envy
  - Blame
  - Isolation
  - Bargaining
  - Depression

### School

- Restlessness
- Short Attention Span and Distractibility
- Impulsiveness
- Procrastination
- Trouble Shifting Attention
- Forgetfulness
- Learning Disabilities

Unusual Study Habits  
Timed Situations Paralyze

**Work**

The Harder They Try, the Worse it Gets  
Distractibility  
Forgetfulness  
Impulsivity  
Conflict Seeking  
Disorganization  
Late to Work  
Start Many Projects, but Finish Few  
Moodiness and Negative Thinking  
Inaccurate Self-Assessment  
Switches Things Around  
Tendency Toward Addictions  
Spends Excessive Time at Work Because of Inefficiency

**Self-Esteem**

Frequent Conflict  
Negative Input  
Inaccurate Self-Assessment  
Chronic Failure  
Negative Bonding  
A Sense of Being Damaged  
Tantrums/Rage Outbursts  
Negative Thinking Patterns