

## 20 things to remember if you are in love with a person with an incompetent disorder (ADD)

Understanding what a person with ADD / ADHD has to suffer will make your relationship with them easier. Here are 20 things to remember if you love a person with attention deficit disorder (ADD).

In fact, people with **attention deficit disorder** ( *ADD* ) are often difficult to love. You won't know what to say when you're with them. It is like going through " *minefields* ". You need to tiptoe so quietly, step ( *or say* ) uncertainty may be an emotional explosion in them. There are a few things to keep in mind to avoid.

Those who suffer from the incapable disorder syndrome **ADD / ADHA** are often very miserable. Their lives are much more difficult than ordinary people. They are **emotionally** strong, exaggerated and **exaggerated**. Their brains often **work continuously** to create, design, think and never stop. Imagine it being something " *around the circle* " in your brain and never stopping.



From strong emotional sensitivity to opposite extremes, people with ADD's attention deficit disorder manifest actions that are harmful to relationships. ADD / ADHD is a secret case of **opposition** and **extremism** . For example, when it comes to concentration, people with ADD cannot **concentrate** when they are emotional or have thoughts in their heads distracting them. However, when they are particularly interested, interested in a specific topic, they will focus to the maximum extent that it is difficult to pull them out. Starting a project will be **challenging** but when stopped will be a much bigger challenge.

**True love** is unconditional but people with the incapable disorder syndrome ADD / ADHD are put in many situations to check the limits of your love. Whether it is a child, boyfriend, girlfriend, spouse or someone who will become your spouse, the person with ADD syndrome will check each relationship. The best way to stay

peaceful in life, you should both have a new mindset to solve the " *revolving* " emotions of **ADD's attention deficit disorder** every day.

To understand how people with ADD syndrome will help you become more patient, tolerant, altruistic and love them. The relationship between the two will become more interesting and smooth. Below shows us what often happens in the minds of people with ADD / ADHD syndrome:

## 1. They have a brain that works nonstop

**The brains** of these people never stop working. It does not have an on / off switch to switch or stop. It is a burden for them to learn how to **manage their** brains.

## 2. They listen but don't remember what you are saying



A person with ADD's attention deficit hyperactivity disorder will watch you as you talk, listen to what you have to say, watch every move on your lips, but just after the first five words you say make Their minds are lost in another " *adventure* ". They may still hear you say but their thoughts are lost in another dimension. They think about the movements of your lips or why your hair doesn't get in the way.

## 3. They have a hard time completing a task

Instead of focusing on what's happening right in front, people with ADD syndrome often **stare at** the colors in the painting on the wall. Just like going into a labyrinth, they start moving in one direction but then **constantly change** direction to find the way out.

## 4. They easily become worried

As deep thinkers, they are **sensitive** to whatever is happening around them. The noise in a restaurant could make them feel like standing in the front row at a rock concert of Metallica group. A piece of sad news can make them feel like the worst thing in the world.

## 5. They cannot concentrate when they are in a bad mood

If something worrisome happens or they are upset about something, a person with ADD can't think of anything else. This makes **focusing** on work, conversation and social situations almost impossible.



## 6. They concentrate so intensely

When the " *door* " of their minds opens, they will be like a diver jumping into the deep sea.

## 7. They have trouble stopping thoughts in their heads

They can stay deep in the ocean for many hours, even when their oxygen tank is low. If they were looking at everything, they would not rise until oxygen depleted.

## 8. They are unable to adjust their emotions

For a person with this symptom, their feelings are like flying in a " *wild* " place, unable to **balance** and **control** . The nerves in the brain get **tangled**, making it difficult to control thoughts and emotions. They need more time to adjust their operating systems to their right axis.



## 9. They have sporadic language outbreaks

Their **intense** emotions are often difficult to adjust. When they hastily say whatever they are thinking, they often say things that they will **regret** right after. It seems that they cannot adjust their words before speaking.

## 10. They fear society

They feel **uncomfortable** when they are different from the people around them, so they are always **afraid** of social situations. They are afraid that they will make something stupid or improper reactions. Therefore, they choose to keep in mind to feel safer.

## 11. They have deep intuition

For people with ADD syndrome, they are an invisible person, regardless of what they are seeing. But on the contrary, they observe very carefully. This is the most interesting aspect of them. This **inspiring** feature is what helps them become **creative geniuses**. Inventors, artists and writers often thrive on this trait.

## 12. They think aspects that most of us don't think about

Another great aspect of these people with ADD is that they have very different thoughts - **idiotic thoughts** to find solutions to the problems that thinkers think. can't see.



### **13. They are impatient and cannot sit still**

They are easily annoyed, want everything to happen immediately, constantly playing the phone, twisting their hair or shaking their legs constantly because the person with ADD syndrome needs to **work continuously** . Meditation can be an activity that helps them feel calm.

### **14. They are very sensitive**

Pencils can make them feel heavy. The fabric that most people do not itch. Bumpy bed Complex recipes that you can't think of. Or like the story " *The Princess and the Pea* ", they can feel a bean under twenty mattresses.

### **15. They are disorganized**

The " *pillars* " are their preferred method of organizing. As soon as a task is completed, the sheets of paper that relate to it are placed in a stake - the place to be kept until it is too high. That's when people with ADD syndrome feel **overwhelmed** , frustrated and empty. People with ADD syndrome must **be careful** not to store everything too much. It is difficult for them to be able to arrange things in an order because in their brains there is no function to arrange activities in a certain order.



## 16. They need space to "speed up"

When talking on the phone or in a conversation, people with ADD syndrome should think that they should start first. Move calmly and think clearly before you join.

## 17. They avoid doing tasks

Making decisions or completing tasks on time is a struggle. Not because they are lazy or irresponsible, but in their minds there are too many choices and many possibilities. Must choose something that can be problematic. They avoid making decisions easily because they are often people who think too much. They are always **obsessed** and **deep** in their thoughts.

## 18. They cannot remember "simple" tasks.

Another paradoxical characteristic of people with ADD syndrome is **memory** . They can't remember having to go to the laundry shop to get their clothes, buy milk at the grocery store or advance appointments. On the contrary, they especially miss every comment, every quote and the phone number they hear during the day. No matter how many times the problem is reminded or installed in the reminder calendar, their minds are distracted elsewhere. Everything can be easier to remember. That's why they have to open up to 15 windows on the desktop.



## 19. They can do multiple tasks at the same time

Because of their continuous activities in their minds, as soon as a job is completed, they are ready to move on to the next task without thinking about the previous task. The more you go, the better. **Multitasking** ( *multi-tasking* ) is one of their favorite activities.

## 20. They do everything with passion

The emotions, thoughts, words and contacts of a person with ADD syndrome are very **strong**. Everything is exaggerated. This is a blessing to do the right thing. When an ADD person does something, they will do it with **their hearts and souls** . They will provide all they have - very intense, sharp and profound. This feature makes people with ADD syndrome **very lovely** .

Basically, a person with ADD / ADHD syndrome has problems controlling their conflicts. They also have many great qualities you will see as soon as they understand what they are thinking and feeling. **Empathy** , **empathy** and **patience** will help you through the most difficult times. It is important to take care of yourself more often, spend time alone, do everything you like, seek support, a specialist or a sympathetic friend, often with periods Stay, meditate, find hobbies and passions for yourself. Almost everything, even learning how to breathe.



Some of the greatest inventors, artists, singers, musicians, entrepreneurs and writers have ADD / ADHD syndrome. They are successful because they only love one thing just as you are supporting them to fight everyday. Instead of being angry, you should show compassion. Recognize how they fight to do everything like you. Imagine the brains of people with ADD syndrome, like a wrong circuit. Next time you will think that they are lazy, irresponsible, disorganized, avoid responsibility, remember that they have tried as if they can accomplish a simple task.

Yes, people with ADD / ADHD syndrome are hard to love but when you understand the burdens they are carrying, your heart will open up to love them. Love and sympathy will displace anger. You will find their hearts sweet and good.

You finished reading the article "**20 things to remember if you are in love with a person with an incompetent disorder (ADD)**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.