Today-ish 🖤

THE ADHD COUPLE DECODER

The behavior isn't the message.

In an ADHD relationship, the same moment gets read two completely different ways — and that gap is where most fights actually start. Here's the translation for the six that come up the most. Read the **meaning**, skip the spiral.

WHAT IT LOOKS LIKE	WHAT IT USUALLY MEANS	WHAT ACTUALLY HELPS
Didn't text back all day	Out of sight = out of mind. Object permanence, not indifference — you weren't forgotten *as a person*.	**Set a visible anchor:** a shared "thinking of you" habit or one pinned daily check-in, so love doesn't depend on memory.
Went from calm to 0-to-100 in seconds	Emotional flooding. The feeling arrived at full volume before the thinking brain could catch up.	**Name the flood, not the person:** "I'm at a 90, I need 10 minutes." Pause first, solve second.
"Give me 5 more minutes" (× infinity)	Time blindness. 5 minutes genuinely *feels* like 5 minutes from the inside.	**Externalize time:** "Leaving at 8" → "start wrapping up at 7:30." A timer nags, so you don't have to.
Shuts down at gentle feedback	RSD — rejection sensitivity. Neutral input can land like a full rejection of self.	**Lead with the bond:** "We're good — one small thing." Reassure the relationship *before* the request.
Said "yes I'll do it" then didn't	Intention was real; the follow-through dropped the second they stood up. Not a broken promise — a dropped thread.	**Blame the system, not the partner:** capture it where it'll be seen. The reminder does the chasing.
"You never help" / "I do everything"	The mental load is invisible and unevenly carried — remembering the task *is* the task.	**Split by brain, not tradition:** assign whole jobs (owning, not helping) so nobody has to hold the list alone.

The one rule that changes everything

When something stings, ask **"what's the symptom here?"** before **"what does this say about us?"** Almost every ADHD-relationship fight is a symptom being read as a verdict. Decode first. React second.

If you're the ADHD partner

- → Say the intention out loud — it's invisible otherwise.
- → Externalize everything: timers, notes, shared lists.
- → "I forgot" ≠ "I don't care." Say the second part too.

If you're the non-ADHD partner

- → Aim feedback at the system, not their character.
- → A dropped task is a dropped thread, not a message.
- → Ask for the fix, not the apology.

This is one page of the toolkit. The full ADHD Couple Kit turns every row above into fill-in-together scripts, worksheets & a 30-day reset.

you've got this →