FREE PREVIEW · FROM THE 90-PAGE ADHD COUPLE KIT

The 7 fights you keep having are actually one fight.

You know the script by heart. One of you forgot / zoned out / bought the thing / said "5 more minutes" three hours ago. The other one reminded, then reminded harder, then stopped being a partner and became a project manager. Nobody wanted any of this.

📱 **The unanswered text**
"Didn't reply" gets read as "doesn't care." It's working memory, not love. But nobody in the room knows that at 9pm.

🧾 **The bill that didn't get paid**
Runs 80 accounts at work. Loses the electricity bill at home. (There's a reason — work has structure the kitchen table doesn't.)

📦 **The mystery package**
The hit was the buying, not the thing — which is why the thing is still in its box. Sometimes it's not even impulsivity. Sometimes it's protest.

🌋 **The 0-to-100**
A small comment detonates. Emotional flooding is one of the biggest, most measurable parts of ADHD — and one of the most trainable.

🗣️ **The nagging fight**
One of you is "always nagging." One is "always defensive." Both of you feel like the one without power. You're both right.

🛏️ **The sex you're not having**
A survey of ~3,000 ADHD couples found the top barriers to a better sex life aren't in the bedroom. They're anger, busyness, exhaustion. The fix isn't technique.

🪫 **The partner who's just… done**
Research on partners of ADHD adults found quality-of-life scores lower than partners of people with stroke or schizophrenia. If that's you: you're not dramatic. You're carrying.

a **symptom** (forgot, zoned out, late) → a **reaction** (remind, nag, take over) → a **counter-reaction** (shame, withdraw)

↳ **and the next symptom gets more likely. That's the one fight.**

WHAT'S ACTUALLY IN THE 90 PAGES

A manual for the loop — not a lecture about your brain.

90 pages, six parts, filled in **together**. Scripts you can say out loud, systems that do the nagging so neither of you has to, and worksheets that turn "we should talk" into something you can actually do on a Tuesday.

① The Decoder & core tools

Read the symptom, skip the spiral. The Parent-Trap escape scripts, the 0-to-100 Pause Plan, RSD-safe ways to raise hard things, the Mental-Load Split, your ADHD love languages.

② The 30-day reset

One tiny thing a day. No streak pressure. Plus the weekly check-in that keeps it all alive.

③ The Money Fights

Why ADHD brains and money do what they do, the 3-bucket system that runs itself, the no-questions allowance, and the 20-minute money date — so nobody is the money police.

④ The Bedroom

Why the problem isn't in it. Distraction without drama, sensory stuff decoded, and the initiation & "not-now" script library — the pages nobody else has written.

⑤ The Diagnosis Question

How to raise "…could it be ADHD?" without starting a war, what assessment involves (UK & US), and what medication does — and honestly doesn't — fix.

⑥ The Partner Who Carries It

The permission slip, the burnout check, the Won't-Do/Will-Do list, and "an explanation is not an excuse" — the fairest pages in the kit.

Steal this one now — the decline that doesn't wound

For rejection-sensitive brains, "not tonight" can land like a verdict. The fix is a no with an alternative attached:

"I'm not in the mood right now — but try me again this evening."

That's "no to now," not "no to you." The kit has a whole library of these — for initiating, declining, money dates, and the conversations you've been avoiding.

THE HONEST PART

What this kit will do — and what it won't.

It will

- Give both of you the same map — so you're two people versus the problem, not versus each other
- Replace reminding with systems that don't have feelings
- Hand you the exact words for the conversations that keep going wrong
- Make the invisible labour visible — and split it by brain, not tradition

It won't

- [ ] Cure ADHD, replace therapy, or fix a relationship one of you has already left
- [ ] Promise a transformed life in a weekend — research says knowledge moves fast, feelings move slower. We planned for that.
- [ ] Shame anyone. Not the forgetting partner, not the exhausted one.

The couples who make it aren't the ones with milder ADHD. They're the ones with a shared system — and the same information.

THE ADHD COUPLE KIT · 90 PAGES · INSTANT DOWNLOAD

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One-time. Lifetime updates — including the 60 new pages your fellow readers just got for free. Print it, scribble on it, argue less.

→ **todayish.yektad.com**

made with care, not a substitute for therapy. reading it together counts as a date. sort of.