



Relationships Inventory

People with ADHD tend to be overly sensitive. Sometimes that's good, and sometimes that's not so good. We are, generally speaking, more prone to getting our feelings hurt than non-ADHDers are. This phenomenon, noted by ADHD expert, Dr. William Dobson, is referred to as Rejection Sensitivity Dysphoria

OBJECTIVE: The point of a relationships inventory is to become clear about the various qualities, both positive and negative, about the important people in our lives. Sometimes we frustrate ourselves needlessly because we desire words and/or behavior from people who are, more or less, incapable of responding to us the way we'd like them to. The clearer we become about the limitations of other people, the more we are free to accept and love them for who they are without taking their limitations personally.

Instructions: Print out and fill in the 3 tables below, using my fictitious examples as a guide. Do not worry if there are not enough rows to accommodate everyone. What's important is understanding the basic idea and applying it to some of the most significant people currently in your life. You do not need to send me your filled-in inventories; instead, please write a few paragraphs describing your experience doing this assignment.

Name of Person	Relationship to self	What we have in common (values, interests, etc.)	How are our personalities similar?	How are our personalities different?	What do I enjoy/ like/ admire most about this person?	What do I dislike (am uncomfortable with) about this person?
Lisa	Longtime friend	Music, movies, share spiritual, political beliefs	We're both outgoing and enjoy meeting new people	She's very scheduled; I'm more flexible	I like how she makes time for friendship and having fun	Sometimes she is overly frugal; I usually pay when we go out
Tommy	Brother	We both love dogs and enjoy riding our bikes together	We both have ADHD, and can talk for hours about everything	He's a loner. I'm extroverted	He gives his time and energy to causes he believes in	Sometimes he'll say something rude to someone in public – it's embarrassing
Joe	My boss	We both care about the company we work for	We are both empathetic and caring	He's a perfectionist; I believe in "good enough"	I appreciate how he goes out of his way for the employees	He is often too flirtatious with customers, and I hate how he leads women on



Personal Relationships Inventory (spouse or significant other, friends, etc.)

Name of Person	Relationship to self	What we have in common (values, interests, etc.)	How are our personalities similar?	How are our personalities different?	What do I enjoy/ like/ admire most about this person?	What do I dislike (am uncomfortable with) about this person?



Family Relationships Inventory (parents, children, siblings, etc.)

Name of Person	Relationship to self	What we have in common (values, interests, etc.)	How are our personalities similar?	How are our personalities different?	What do I enjoy/ like/ admire most about this person?	What do I dislike (am uncomfortable with) about this person?



Work Relationships Inventory (supervisors, clients, coworkers, business partners, etc.)

Name of Person	Relationship to self	What we have in common (values, interests, etc.)	How are our personalities similar?	How are our personalities different?	What do I enjoy/ like/ admire most about this person?	What do I dislike (am uncomfortable with) about this person?