Today's Workshop
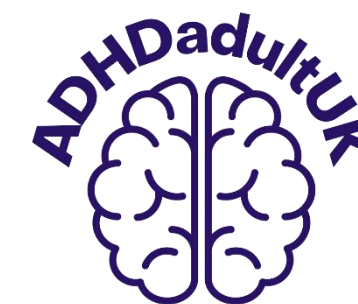
1. Welcome and introduction.
2. Understanding ADHD.
3. Impact of ADHD on relationships.
4. ADHD and sex.
5. Building successful relationships with ADHD.
5. Q&A (questions in chat).

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Welcome!

Understanding ADHD

What is ADHD

- **Lifelong neurodevelopmental disorder.**
- **Thought to effect 2.5-5% of all adults.**
- **Largely genetic.**
- **3 presentations (related to symptoms):**

Inattentive type (20-30%)
Hyperactive/Impulsive type (50-70%)
Combined type (<15%)

- **Medication, education, coaching, therapy**

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Symptoms of Inattentiveness

1. Making careless mistakes/lacking attention to detail.
2. Difficulty sustaining attention.
3. Inability sometimes to listen when spoken to directly.
4. Failure to follow through on tasks and instructions.
5. Exhibiting poor organisation.
6. Avoiding/disliking tasks requiring sustained mental effort.
7. Losing things necessary for tasks/activities.
8. Being easily distracted (including unrelated thoughts).
9. Being forgetful in daily activities.

Symptoms of Hyperactivity/Impulsivity

1. Fidgeting with or tapping hands or feet, squirming in seat.
2. Leaving seat in situations when remaining seated is expected.
3. Experiencing feelings of restlessness.
4. Having difficulty engaging in quiet, leisurely activities.
5. Being "on-the-go" or acting as if "driven by a motor".
6. Talking excessively.
7. Blurting out answers.
8. Having difficulty waiting for your turn.
9. Interrupting or intruding on others.

Diagnosis

1. Sufficient symptoms (5/9)
2. Evidence of symptoms as a child
3. Symptoms present for > 6 months as an adult
4. Symptoms causing a moderate impact on 2+ domains of ,life
5. No other psychiatric/neurodevelopmental condition more likely causing symptoms

Non-Diagnostic Symptoms

- Emotional dysregulation.
- Rejection-sensitive dysphoria (RSD).
- Mind wandering.
- Time blindness.
- Alexithymia and metacognition.
- Sensory processing.
- Low self-esteem/imposter syndrome.

- Co-existing mental and physical health conditions

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The Impact of ADHD on Relationships

Common Issues in ADHD Relationships

General Issues

- Lack of attention.
- Inability to listen.
- Being distracted.
- Lack of organisation.
- Impulsive behaviour.
- Rejection sensitivity.
- Emotional regulation.

Sex-related issues

- Lack of intimacy.
- Sex drive (⇓ or ⇑).
- Risky sexual behaviour.
- Infidelity.
- Arousal issues.
- Masturbation.
- Reduced sexual satisfaction.

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Communication is key.

ADHD and Sex

Communication is again key.

Improving Communication

Building Successful Relationships with ADHD

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Psychoeducation

- The process of learning about a medical condition or disorder
- Information on what ADHD really is can help partners gain a better understanding of each other.

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Understanding and Empathy

- **Encourage open and non-judgmental communication.**
- **Acknowledging the impact of ADHD symptoms on both partners.**
- **Show affection and appreciation – daily.**
- **Empathy - put yourself in your partner's shoes and try to understand their perspective.**
- **Support - listen, provide emotional support when asked for, avoid minimising their concerns or trying to fix their problems.**

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Develop Organisation and Structure

- Set clear, specific schedules & expectations to avoid misunderstandings.
- Establish routines and structures to support better communication and organisation.
- Co-prioritise tasks (be a team).
- Use visual or digital tools and apps specifically designed for task management and organization.

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Managing Impulsivity

RSD in Relationships

- **Understanding the symptoms, triggers, and impact of RSD.**
- **Recognise that RSD is a part of ADHD and not a personal attack.**
- **Clarify intentions and seek reassurance (it's OK to ask)**

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Online Resources

Website - **ADHDadult.uk**
Online magazine - **Focusmag.uk**
Discord - **theadhdadults**

The ADHD Adults
Podcast

James Brown and Alex Conner

"with" Mrs ADHD

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