

ADULT ADHD AND RELATIONSHIPS



Relationships are difficult, especially when one or both partners have ADHD. ADHD symptoms could appear as indifference or often interfere in personal relationships. People with ADHD tend to get divorced at much higher rates than people who do not have ADHD. Despite the roller coaster of emotions ADHD puts people through, it is still possible to have a happy relationship when ADHD is prevalent. Here are a few changes you can make to improve your relationship.

6 WAYS TO IMPROVE YOUR RELATIONSHIP



SCHEDULE TIME TOGETHER

Spending time together is vitally important in a relationship, especially when someone has ADHD. It is easy to become hyperfocused and be inattentive to your partner. When you become distracted during a conversation, your partner might think you just don't care. Schedule a time to converse, unplug from your electronics, and focus on each other.



TALK ABOUT WHAT YOU NEED FROM YOUR PARTNER

Just as important as discussing how your partner feels about your ADHD symptoms is figuring out what type of support you need. Are mornings or nights more difficult for you? If so, communicate that to your partner, and ask for help.



MEDITATE

Meditating gives your mind a chance to slow down. People with ADHD often spend their days in a flurry of activity, moving from one task to another. Your mind might be on overdrive most of the time. Take the time to slow down your body and your mind. Spend 10 to 15 minutes each day meditating to allow your mind a chance to decompress.



GET MOVING

Exercise helps improve mood, lowers anxiety, and reduces ADHD symptoms. Make sure you build exercise time into your daily routine. Not only will you be better able to handle daily stressors, you will find your mood improves, you enjoy your day more, and you are better able to focus. Take an evening walk to give you and your partner a chance to connect while getting outdoors and exercising.



WORK ON COMMUNICATION SKILLS

Many people with ADHD find communication breaks down because of problems with emotional regulation, impulsively jumping into conversations, or saying something hurtful without thinking. If some of your relationship woes stem from communication issues, take the time to work on developing better communication skills with a therapist or ADHD coach.



BE GRATEFUL

It's easy to focus on all the things that go wrong but research has shown that people who actively practice gratefulness are happier. Each day, write down a couple of things that make you feel grateful. Better yet, make it a joint project and ask your partner to join you in looking at life in a more positive way. You might find that you begin to appreciate one another more and are more likely to overlook the small irritations.

This information should not be construed as medical advice or advice on individual health matters, which should be obtained directly from a healthcare professional.
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