



# Are you a **partner** in an ADHD relationship ?

Learn how to help your partner and also take care of your self

## ADHD in relationships

ADHD can present unique challenges in relationships, often affecting communication, emotional regulation, and daily routines.

Individuals with ADHD may struggle with listening, forgetfulness, impulsivity, and time management, which can lead to misunderstandings, frustration, and feelings of being unsupported.

Partners may feel overlooked or burdened by the need to manage household responsibilities, while the person with ADHD may experience guilt and shame over unmet expectations.

Emotional dysregulation can intensify conflicts, making it difficult to resolve issues calmly.

Navigating these challenges requires understanding, patience, and sometimes professional support to improve communication, establish routines, and foster a stronger, more resilient partnership.

## My 3 top tips for Partners

1

**EMPOWER YOURSELF** - Read /Listen watch all you can around ADHD and how neurodiverse people think, feel and respond in situations. It will make you feel better and also have a knock on effect on your partner. A win win. See over for where to start with this.

2

**OFFLOAD** - Partners will often experience high levels of anxiety, over control or management, worry and mistrust. Support from a professional therapist to understand this and reshape a new path forward can be relationship changing.

3

**BE PATIENT** - partners have been unknowingly living with ADHD for many years before their partner is diagnosed. It will take time for you both to adjust to this and find your own way through as a team that works for your relationship.

[www.rebeccaloancounselling.com](http://www.rebeccaloancounselling.com)

I welcome all of your ADHD concerns and questions  
(and if I can't help I will be sure to put you in touch with another ADHD professional that can)



# Read or listen to these useful books..

All recommended by partners in ADHD relationships

Title	Author	Your Rating
Dirty Laundry: Why Adults with ADHD Are So Ashamed	Richard Pink and Roxanne Emery	☆☆☆☆☆
More Attention, Less Deficit: Success Strategies for Adults with ADHD	Russell A. Barkley	☆☆☆☆☆
The ADHD Effect on Marriage ★	Melissa Orlov	☆☆☆☆☆
ADHD & Us: A Couple's Guide to Loving and Living With Adult ADHD	Anita Robertson	☆☆☆☆☆
Taking Charge of ADHD	Russell A. Barkley	☆☆☆☆☆
The ADHD Marriage Workbook: A Guide to Improving Your Relationship	Michael T. Bell	☆☆☆☆☆
ADHD A to Z: A Comprehensive Guide to Understanding and Managing ADHD	Leanne Maskell Dr.	☆☆☆☆☆
Driven to Distraction ★	Edward M. Hallowell Dr. John Ratey	☆☆☆☆☆
When an Adult You Love Has ADHD: Professional Advice for Parents, Partners, and Siblings	Ari Tuckman	☆☆☆☆☆
Is It You, Me, or Adult A.D.D.?	Gina Pera	☆☆☆☆☆

If you would like to know more about my other free resources or talk about one to one support please get in touch.

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