

# Strategies for Nurturing Intimacy in your Relationship if you have ADHD

**Maintain Open Communication** - Take some time to discuss how ADHD has affected the relationship. Have each partner feel understood and come up with ways to manage symptoms.

**Educate and Inform** - Make time to educate yourself about ADHD and how it can impact relationships. Understanding symptoms and its impact and help gain empathy and understanding towards your partner

**Set a Routine and Structure** - Implementing routines can help manage symptoms and decrease distress within the relationship. Setting reminders, planning weekly quality time and create reliability.

**Practice Gratitude** - Hiccups in the relationship can make you feel unheard and unloved by your partner even though the relationship is overall in a good place. Try keeping a gratitude journal to remind yourself that your partner loves you.

**Get Counseling and Therapy**- Receiving couples therapy, especially from a therapist who understands ADHD can be very beneficial. Couples therapy provides a safe, neutral space for both partners to express their feelings and learn strategies to foster a healthy relationship.

**Get Individual Support** - The partner with ADHD can learn to manage ADHD symptoms while the partner without ADHD can gain a safe space to freely express their frustrations and concerns about the relationship

**Foster Patience and Understanding** - Recognize that certain dynamics are merely symptoms of ADHD and not intention acts to hurt the other person. Understanding this can reduce misunderstandings and conflicts.