

# Signs that ADHD symptoms *are impacting your relationship*

ADHD in women can impact relationships in many ways. Do any of these sound familiar? Use this checklist to identify trouble spots and talk about them with your partner. You can find more resources for women with ADHD at [understood.org](https://www.understood.org).

 **You frequently feel rejected by things your partner says and does, and it's hard to get over it.**

**Why:** Emotions feel stronger and last longer with ADHD. It's hard to step back and get perspective.

**Tip:** Try writing your feelings down (instead of venting them to your partner). Also, talking things through with a friend or a family member may help you gain perspective.

**Notes:** \_\_\_\_\_  
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 **Your partner needs time to resolve conflicts, but you want things wrapped up NOW.**

**Why:** When you're upset, controlling your emotions — and impulses — can be hard. But it's important to respect your partner's needs, too.

**Tip:** Give yourselves some space. Agree to pause the discussion at a certain point, but set a time to get back to it. Writing down what you want to say can help.

**Notes:** \_\_\_\_\_  
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## You're often uncomfortable being touched, but you don't know how to say that to your partner.

**Why:** ADHD sensory challenges aren't a reflection on your relationship or on you. Still, talking about challenges can be painful.

**Tip:** Find a quiet time to talk that's not when you're being intimate. Explain that your oversensitivity is part of who you are and share what does and doesn't feel good.

**Notes:** \_\_\_\_\_  
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## You enjoy sex with your partner, but you rarely initiate it. Your partner thinks you're not into it.

**Why:** Switching gears quickly is hard, and you often need more time to get in the mood.

**Tip:** Explain to your partner that it's not a matter of desire. Talk about what turns you on and how you can use that to turn your focus and be fully "there" for sex.

**Notes:** \_\_\_\_\_  
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## You're messier than your partner. It causes friction and makes you feel ashamed.

**Why:** Many ADHD struggles are at play: organization, focus, switching gears. If you're hyperfocused, you might clean up. But keeping things neat is next to impossible.

**Tip:** Explain how your ADHD makes it hard to be neat, and see if you can work out a compromise. And try to give yourself some compassion about what's hard for you.

**Notes:** \_\_\_\_\_  
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