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Relationship Tips for Couples with ADHD

With all the Valentine’s Day commercials on TV and chocolate sales in grocery stores, this can sometimes be a difficult month for couples affected by ADHD. There can be unmet expectations for the “perfect” romance when the symptoms of ADHD lead to tension or disappointment in their relationship.



Terry M. Dickson, MD, ACG, who does one-on-one coaching with adults and couples, is the spouse with ADHD in his marriage to Anne Dickson. Terry works closely with couples affected by ADHD who are striving to improve their relationship. He and Anne have a few suggestions to help couples.

[Read more.](#)

Romance is Related to Executive Functions

Did you ever think about how executive functions—memory, planning, and organization—are related to romance? When your executive function abilities are affected by ADHD, romance can be a bit of a struggle for you and your partner. Psychologist Ari Tuckman has worked with couples affected by ADHD and, in a special *Ask the Expert* presentation, he discusses what you can do to



strengthen your relationship.

Watch this free [Ask the Expert webcast](#) for tips you can use now to keep your romance healthy.

Watch

Ask the Specialist: Resolving Conflicts When ADHD is in the Way

Q: My husband has ADHD and we are constantly fighting! I don't know what to do about this anymore! We need suggestions, we need help.

- Frustrated Wife

A: You're not alone in this. Many couples affected by ADHD struggle with communication and often find themselves arguing. The symptoms of adult ADHD - inattention, forgetfulness and distractibility- are especially hard on a relationship. It takes a team approach to address them.



[Find out more.](#)

ADHD *in the News*

- Overly critical parenting linked with persistent ADHD in kids
- ADHD tied to obesity risk for girls, study contends
- 5 things to know about adult ADHD
- Growing ADHD drug selection aids individualized therapy

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

The symptoms of ADHD in children and adults were described in 1798 by Scottish physician Sir Alexander Crichton in his book *On Attention and its Diseases*.

[Read more.](#)



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