



# Ask the Expert Webinar Chat Series

Presented by the  
National Resource Center on ADHD



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# Ask the Expert: How Executive Functions Affect Adult Relationships

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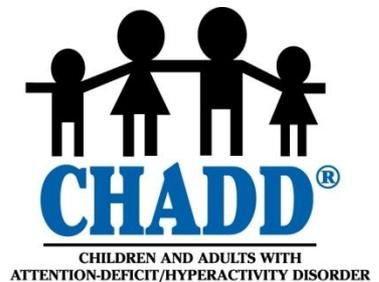
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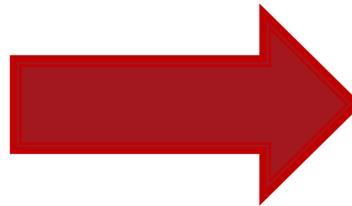
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To Ask A Question:



The screenshot shows the GoToWebinar interface with the following sections:

- Attendee List (2 | Max 201)**: Includes a tab for "Attendees (1)" and "Staff (1)". A dropdown menu is set to "NAMES - ALPHABETICALLY", showing "Corena Bahr (Me)". A search box is located below.
- Audio**: Shows "Audio Mode" with radio buttons for "Use Telephone" and "Use Mic & Speakers" (selected). A "MUTED" indicator and a volume level bar are present. A link for "Audio Setup" is below.
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- ▶ Send us your feedback about today's webinar! An email will arrive shortly with a link to take the survey.
  - ▶ Thank you for helping us plan future webinars that meet the interests of the ADHD community!
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# We Live in a Complicated World

- ▶ The challenge is to do the right thing, at the right time, most of the time.
- ▶ Need to filter out extraneous stimuli and thoughts and figure out what is most important in that moment.
  - Need to consider the past, present, and future.
- ▶ The most important isn't always the stickiest.

# Executive Functions

- Highest level cognitive processes that help us manage the complexity of life and create a better future.
  - Often means not simply responding directly to stimuli or present opportunities.
  - They are actions we direct towards ourselves.
  - They allow us to do what we know.
- Self-management has large social repercussions.

# We All Have Our Moments. . .

- No one is perfect, but ADHD folks' inconsistent EF performance causes more frequent stumbles.
  - They use up their free passes too quickly.
  - And we find what we look for. . .

# Others Fill the Void

- Because people with ADHD have these difficulties, others step in to assist.
  - This is totally logical, yet also a double-edged sword (for both people).
- This is more acceptable for kids than adults.
- May also use tools (smartphone, alarms, etc.) to do some of the executive functioning.

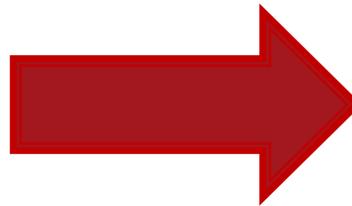
# Executive Functions Summaries

- ▶ *Working Memory:* In the moment storing and processing of information.
- ▶ *Sense of Time:* Monitoring the passage of time and planning accordingly.
- ▶ *Prospective Memory:* Remembering the right things at the right times and places.

# Executive Functions Summaries, 2

- ▶ *Emotional Self-Control*: Moderating the extent to which our feelings influence our thoughts and actions.
- ▶ *Self-Activation*: Self-generating motivation.
- ▶ *Hindsight & Forethought*: Using past experiences and future outcomes to make decisions in the present.

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