5 Essential Ways to Have a Balanced and Healthy Relationship with Your Partner

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Relationships Drive Personal Growth

- Practical skills are important.
  - So we want to reduce symptoms

- But ultimately the goal is a meaningful life
  - Do the (remaining) symptoms interfere with that?

- A big part of a meaningful life is satisfying relationships
  - To keep them satisfying, we need to work on ourselves
A good relationship pushes you to become a better person.
An Individual Condition. . .
with Relationship Dynamics

- ADHD impacts one’s ability to be the partner one wants to be
  - And the other partner’s, too

- ADHD-based mistakes can be easy to personalize
  - And get defensive about

- We want partners to be reliable, consistent, and supportive. . .
  but also fun and interesting
  - Partners can polarize each other (and squeeze out sex)
ADHD doesn’t invent new problems; it just exacerbates the universal ones.

For individuals and couples.
#1. Consider Medication

- Medication closes the gap between intentions and actions
- Extended release stimulants are the first choice by far
- Can you definitely feel that it’s working?
- Is it still working at night? And weekends?
#2. Get Clear on Preferences vs. Limits

- We all have **preferences** based on our personality and experience
  - These are not factual, no matter how moralistic we get about them
  - We can choose to be flexible about both the means and the ends
- **Limits** are preferences that we cannot flex on without selling out our integrity
  - Which would inevitably spill out somewhere else
  - We choose to hold these lines
  - But you only get a few
#3. Make Time to Talk Business

- Meet weekly (at least) to talk through what is happening
  - Bring your to do list and calendar
  - Add items to a shared online calendar in between
  - Make and take requests cleanly
  - Agree on what will be done—or won’t be
  - Check in through the week

- Show respect (do the task) and appreciation (for the task)
#4. Make Time to Have Fun

- Busy partners stop enjoying each other
  - Chores and solo activities take over
  - Lose goodwill to weather the inevitable bumps and snafus

- Occasional date nights (or whatever) are important
  - No shop talk!

- But even just quick check-ins are helpful
  - Sometimes it’s work to find something fun
#5. Good Sex is Good for Your Relationship

- Relationship satisfaction and sexual satisfaction are highly correlated
  - Good sex requires good behavior. . .
  - And also brings out better behavior

- So working on one will tend to improve the other
  - And improving one will require working on the other
  - What gets in the way of a more satisfying sex life?
  - What gets in the way of more frequent encounters?
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