
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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