

San Diego Center *for*
ADHD Coaching



5 tips

TO COMMUNICATE
EFFECTIVELY

with your partner

BY

ROYA Kravetz
PCC, BCC

Founder & Director

San Diego Center *for* ADHD Coaching



5 tips to communicate effectively with your partner

The majority of adults with ADHD tend to have a hard time communicating. People with ADHD process information differently than those without, which can often lead to misunderstandings and miscommunication.

- Individuals who have ADHD are constantly thinking about a variety of things at the same time. Their brains are working 1,000 miles an hour, which can lead them to talk about hundreds of different ideas in the same conversation. This can make it difficult for others to follow.
- Short-term memory is not as strong in individuals with ADHD. They may regularly interrupt others, concerned they are going to forget what is being said. People often believe this behavior is rude and intentional.
- A common misconception is that people with ADHD are incapable of focusing. The truth is, these individuals can become hyper-focused, seldom hearing what others say to them. They may come across as rude, as if they are purposefully not listening. Their loved ones and colleagues may end up getting frustrated or upset.

People with ADHD can develop skills to work around these challenges. ADHD coaching offers skills and techniques to address these struggles.

Here are 5 tips you can use right now to start building your communication skills.

If you have any questions or are interested in further guidance, you can contact Roya Kravetz at 858.334.8584 or roya@adhdsuccesscoaching.com for a free 15 min. consultation.

www.adhdsuccesscoaching.com
roya@adhdsuccesscoaching.com ● 858.334.8584



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1. Let your partner know when you are immersed in something and cannot talk:

To do: Tell your partner, “I’m working on something right now and cannot be distracted. I know this is important to talk about. Can we talk about it after I’m done with this project?”

To avoid: Telling your partner, “Don’t talk to me right now... I’m busy and can’t deal with your stuff! You’re always interrupting me when I’m focused. I don’t want to talk about it right now!”

2. Let your partner know when he or she asks something of you that you know might be a challenge:

To do: Explain your concerns. For example, tell your partner, “I know you asked that I get these exact things at the grocery store but we both know that details can be a challenge for me. I might not get the exact brands you are looking for but I will try my best.”

To avoid: Going to the grocery store feeling overwhelmed and worried you won’t do it “right.” Then returning home and saying to your partner, “Well you know I’m not good at this stuff! Why did you ask me to go anyway?”



3. Be aware of when you are interrupting your partner:

To do: Wait your turn to speak. Write down what you want to say if you think you will forget it during a conversation. Ask your partner when he or she is finished talking, and tell him or her that you have some things to share as well.

To avoid: Cutting your partner off and not letting him or her finish their thoughts because you think you know what he or she is going to say.

4. Let your partner know when you need personal time or space to decompress:

To do: Tell your partner, “I had a stressful day and would like to have some quiet time to decompress after work. Can I have 30 minutes by myself before we talk about our days?”

To avoid: Saying to your partner, “Will you stop nagging me? I just got home and now you want to complain to me. I just need some peace right now!”

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5. Ask your partner to give you a sign when you are jumping from topic to topic in conversations:

To do: Make an agreement with your partner for him or her to give you a sign when he or she isn't following your train of thought. Tell you partner, "Sometimes I have a million thoughts rolling around in my head, and I try to say them all at once. Will you help me understand when that happens and give me a sign to slow down?"

To avoid: Saying to your partner, "What do you mean you don't understand what I'm saying? You never get me!"

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