



A PEACEFUL PATH

HYPNOTHERAPY & RELAXATION

ADHD and Relationships

Many people begin to notice ADHD more clearly in relationships. This is very common and nothing has gone wrong. ADHD does not just affect focus. It also affects emotions, sensitivity, and regulation.

Why relationships can feel intense

ADHD brains often:

- Feel emotions quickly and deeply
- React before the thinking brain catches up
- Stay sensitive to tone and connection

This can make relationships feel very meaningful, but also overwhelming at times.

Emotional sensitivity

You may notice:

- Big feelings in the moment
- Finding it hard to pause when upset
- Strong emotional reactions that pass quickly

This is a fast nervous system, not a flaw.

Rejection sensitivity (RSD)

Many people with ADHD are highly tuned to connection.

You might:

- Worry you have upset someone
- Read into pauses or tone
- Feel unsettled by distance or uncertainty

Your brain is trying to protect connection, not push it away.

Communication differences

ADHD can affect how you communicate. You may:

- Speak quickly or over explain
- Struggle to organise thoughts when emotional
- Say things impulsively and reflect later

These are patterns, not personality problems.

Reassurance and regulation

ADHD brains often need clarity and consistency.

Unclear communication can feel very dysregulating.

Clear communication often brings quick calm.

This is linked to nervous system regulation, not neediness.

How I can help myself

These patterns are very changeable. Use your awareness and tools:

Create more pause before reacting

Feel more emotionally steady

Communicate more clearly

Is this fact or fear, am I filling gaps

Breathe out for longer than breathing in

Name how you are feeling

Notice your triggers

What helps you feel calmer

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