

# Rob's Research

The Planning Behind How C\*m



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Dr. Ari Tuckman



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**HOW ADHD AFFECTS SEX + RELATIONSHIPS**

Hosted by Remy Kassimir with guest Dr. Ari Tuckman

# Episode Prep

## GUEST BIO

### Dr. Ari Tuckman

Ari Tuckman, PsyD, CST is a psychologist and certified sex therapist, specialising in diagnosing and treating children, teens, and adults with ADHD, as well as couples and sex therapy. He is a former board member and current conference committee co-chair for CHADD, the national ADHD advocacy organisation. His fourth book is ADHD After Dark: Better Sex Life, Better Relationship.

## GUEST LINKS



[adultadhdbook.com](http://adultadhdbook.com)



[Get Dr. Tuckman's Books](#)

## PODCAST APPEARANCES

1. PAP 076: Relationships, Sex, and Teens
2. The Importance of Paying Attention to Sex
3. Sex Conversations Are Hard!
4. 289: Sex, Intimacy and ADHD
5. ADHD After Dark

## TOPIC IDEAS

1. ADHD effects on sex and sex drive
2. ADHD effect on relationships
3. Navigating relationships when your partner has ADHD and you don't
4. Late in life diagnosis

## QUESTIONS

- Because the ADHD brain is more likely to be impulsive and act on desires before completely thinking them through, what needs to change about sex education to better suit the hormone fuelled teenage ADHD brain? How can what you were taught in sex ed impact your sex life later in life?
- What are some of the effects that a late in life diagnosis can have on both your sexual and platonic relationships?
- As the non-ADHD partner, how important is it to acknowledge the issues their ADHD is causing, and how can you support your partner through treatment? What non-medical treatments can both partners have an active role in? (organisation, understanding, etc.)
- How do you stop yourself from blurting out random things during sex and potentially ruining the moment?
- How can you work to better solve problems in a relationship when one partner is ADHD and one partner is not?
- Once you've identified the problems that you and your partner are having, whether it's in your relationship or in your sex life or in you know any aspect of your life, how do you slowly start chipping away at that problem and working on it?

# Episode Prep Cont.

## QUESTIONS

- Since those with ADHD are more likely to have RSD (rejection sensitive dysphoria), how can we better create an environment for our ADHD partner (or for ourselves as the ADHD partner) to bring up things we want to try with our partner or issues were feeling in the relationship in a way that's going to be least likely to trigger our RSD? And how can our non ADHD partner create the environment for us to feel comfortable enough to share these deepest desires of ours?
- How can you raise issues that you may be facing without coming off too offensive towards your partner and how can you take on that criticism without automatically kicking into defence mode?
- If you find that you only get aroused after you've started flirting, kissing, touching, whatever, whereas your partner is more likely to be aroused from the get go. How can you both work to navigate your sexual experiences without the partner who needs to get going to get turned on feeling like they've been forced into a situation with the hopes of them getting turned on?
- Given that time management and prioritising tasks doesn't come super easily to folks with ADHD, How can you and your partner work together to chip away at the tasks that need to be done throughout the week so that when it comes to time to have sex there's not other things on your mind that should have been done prior? And how can doing/not doing these tasks have an effect on the way you view your partner? (lazy, dirty, unhygienic, etc.) Whether they are the ADHD partner or not?
- How does a good night's sleep, enough food, and water affect our sex drive, if at all? And how can that impact our partners' role during the sexual experience? Like if we haven't eaten enough all day, and we're more likely to be cranky, how can our partner and ourselves counteract this to make it better for both parties?
- What are the benefits of scheduling sex or intimate time with your partner and how can you make this schedule time slot more exciting than just something else that you have put into your calendar?

# Research Sources

## ADHD AFTER DARK: BETTER SEX LIFE, BETTER RELATIONSHIP

Dr Tuckman has published four books in total, all providing c\*mazing (somewhat life-changing) insight into the often overlooked subject of ADHD. His fourth book "ADHD After Dark: Better Sex Life, Better Relationship" dives deeper into the relationships of more than 3000 people where only one partner has ADHD. While this study focuses mainly on cis-hetero relationships, the takeaways around ADHD still reign true.

### **Standout Points:**

- The women, especially the ADHD women, felt more distracted than the guys during sex. Perhaps not surprisingly, those with ADHD got distracted during sex more than those without ADHD and women got distracted more than men.
- Some of them found that distractibility could interfere with reaching orgasm—however, many of them still enjoyed the experience even if they didn't get all the way there.
- It seems like perhaps guys were more likely than women to hyperfocus during sex.
- ADHD men had a somewhat higher desire for a larger repertoire of sexual activities than the non-ADHD men.
- ADHD women saw themselves as kinkier than the non-ADHD women, but the difference for the men was pretty minimal.
- Men with ADHD were almost twice as likely as non-ADHD women to have engaged in some form of physical infidelity (39% vs 22%), whereas ADHD women were almost twice as likely as non-ADHD men to have engaged in some form of emotional infidelity (49% vs 25%).
- For both genders, those with ADHD masturbated more than those without.
- Those with ADHD looked at porn more often than those without, but this was much truer for the women than the men.
- If we look at the genders separately, we can see that ADHD has a much bigger influence on women's desired sexual frequency than it does on men's. In total though, I would say that those with ADHD tend to have stronger libidos
- Lots of the women with ADHD complained about struggling to keep up with all the many demands on their time and energy and not feeling supported by their partners.

# Research Sources

## ADHD AFTER DARK: BETTER SEX LIFE, BETTER RELATIONSHIP

### Standout Points:

- There are many ways that couples connect and draw each other closer to counter the frustrations that push them apart. Sex is one of the few that simultaneously works at the physical, emotional, and intellectual levels.
- When partners' lives are more intertwined (e.g., mortgage and kids), they expect more from each other and get angrier if the partner falls short of their expectations. Therefore, ADHD will become more obvious as a relationship progresses from casual dating to co-parenting.
- You and your partner will complement each other in some ways and drive each other crazy in others. ADHD will be part of this—it may at times be the most obvious problem in the relationship, but it is never the only problem. We need differences in our relationships—we need a partner who complements us and brings something different to the party.
- Don't let ADHD be the scapegoat that everything gets blamed on, even if it is an obvious part. After all, couples without ADHD still have issues to work on, so work on other issues, too.
- A more nuanced interpretation which is that when a person is unhappy in their sex life and relationship, then ADHD can be seen as an obvious cause of that unhappiness. This isn't to say that ADHD isn't contributing, but it isn't the only driver of that dissatisfaction.
- Good sex is more important than more sex—lots of mediocre sex isn't very satisfying.
- The women are basically using masturbation to make up for the partnered activities they aren't getting, but more so when their partner is disinterested, rather than as an add-on to an at least OK sex life.
- If you would like to have more sex (or orgasms) but don't use masturbation to make up that difference, then perhaps it is worth spending some time exploring why that is or what is getting in the way.



# Rec\*mmendations

## REC\*MMENDED READING

### ADHD:

- Russell Barkley: When an Adult You Love Has ADHD: Professional Advice for Parents, Partners, and Siblings
- Edward Hallowell & Sue George Hallowell: Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption
- Melissa Orlov: The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps
- Melissa Orlov & Nancie Kohlenberger: The Couple's Guide to Thriving with ADHD
- Gina Pera: Is It You, Me, or Adult A.D.D.? Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder
- J. Russell Ramsay & Anthony Rostain: The Adult ADHD Tool Kit
- Linda Roggli: Confessions of an ADDiva: Midlife in the Non-Linear Lane
- Stephanie Sarkis: ADD and Your Money: A Guide to Personal Finance for Adults With Attention Deficit Disorder
- Sari Solden & Michelle Frank: A Radical Guide for Women with ADHD: Embrace Neurodiversity, Live Boldy, and Break Through Barriers

### ADHD Cont:

- Susan Tschudi: Loving Someone With Attention Deficit Disorder: A Practical Guide to Understanding Your Partner, Improving Your Communication, and Strengthening You
- Ari Tuckman: More Attention, Less Deficit: Success Strategies for Adults With ADHD
- Ari Tuckman: Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook

## REC\*MMENDED PROVIDERS

### ADHD:

- [chadd.org](http://chadd.org) (Children and Adults with ADHD)
- [add.org](http://add.org) (ADD Association)
- [ADHDcoaches.org](http://ADHDcoaches.org) (ADHD Coaches Organization)
- [ChallengingDisorganization.org](http://ChallengingDisorganization.org) (Institute for Challenging Disorganization)
- [napo.net](http://napo.net) (National Association of Productivity and Organizing Professionals)
- [PsychologyToday.com](http://PsychologyToday.com)

# Rec\*mmendations

## REC\*MMENDED READING

### Sexuality:

- Laurie Betito: The Sex Bible for People Over 50
- Lori Brotto: Better Sex Through Mindfulness: How Women Can Cultivate Desire
- Paul Joannides: Guide to Getting It On: Unzipped
- Ian Kerner: She Comes First: The Thinking Man's Guide to Pleasuring a Woman
- Marty Klein: His Porn, Her Pain: Confronting America's Porn-Panic With Honest Talk about Sex
- Marty Klein: Sexual Intelligence: What We Really Want From Sex—and How to Get It
- Justin Lehmiller: Tell Me What You Want: The Science of Sexual Desire and How It Can Help You Improve Your Sex Life
- David Ley: Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure
- Barry McCarthy & Emily McCarthy: Rekindling Desire, 2nd ed.
- Jack Morin: The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment

### Sexuality Cont:

- Emily Nagoski: Come as You Are: The Surprising New Science That Will Transform Your Sex Life
- Esther Perel: The State of Affairs: Rethinking Infidelity
- David Schnarch: Intimacy & Desire: Awaken the Passion in Your Relationship

## REC\*MMENDED PROVIDERS

### Sexuality:

- [aasect.org](http://aasect.org) (American Association of Sexuality Educators, Counselors, and Therapists)
- [sstarnet.org](http://sstarnet.org) (Society for Sex Therapy & Research)
- [issm.info](http://issm.info) (International Society for Sexual Medicine)
- [isswsh.org](http://isswsh.org) (International Society for the Study of Women's Sexual Health)
- [PsychologyToday.com](http://PsychologyToday.com)