

Taimi

# SO, WHAT'S ADHD?

Understanding ADHD in Dating.

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Developed by **Story Leaf**





# BRIEF

# ADHD

**Attention**

**Deficit**

**Hyperactivity**

**Disorder**

Hey there!

This guide is for anyone who's ever tried to navigate dating while living with ADHD—or loving someone who does. If that's you, you already know it can be full of big feelings, surprising turns, and moments that are as chaotic as they are beautiful.



Here's what we'll cover:

- DATING WITH ADHD: WHAT TO KNOW**
- ADHD LOVE LIFE**
- ADHD RELATIONSHIP GOALS**
- REAL TALK: COMMUNICATION**
- EMOTIONAL FEELS & INTIMACY**
- QUEER LOVE X ADHD**

This isn't a rulebook or a diagnosis—it's a conversation. One that embraces neurodivergence, queerness, and the messiness of human connection.

Let's get into it.

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# DATING WITH ADHD: WHAT TO KNOW

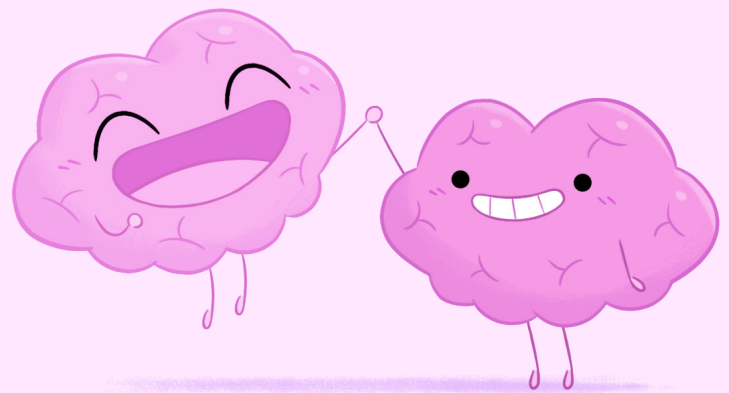
Focus, Feelings, Impulses.

ADHD, short for Attention-Deficit/Hyperactivity Disorder, affects how some brains work, especially with **FOCUS, EMOTIONS, AND IMPULSIVITY**. If you have ADHD, focusing on boring stuff can be tough, but when something's fascinating, you can hyperfocus like a pro.

Emotions run high with ADHD—whether you're excited, frustrated, or overjoyed, you feel it intensely. This intensity can make managing reactions tricky, but it also makes you passionate and empathetic.

Impulsivity is another part of ADHD, leading to quick, spontaneous decisions. Think of it like sending a text before double-checking it—quick decisions without much thought. This spontaneity can spark creativity, but it can also bring unexpected surprises.

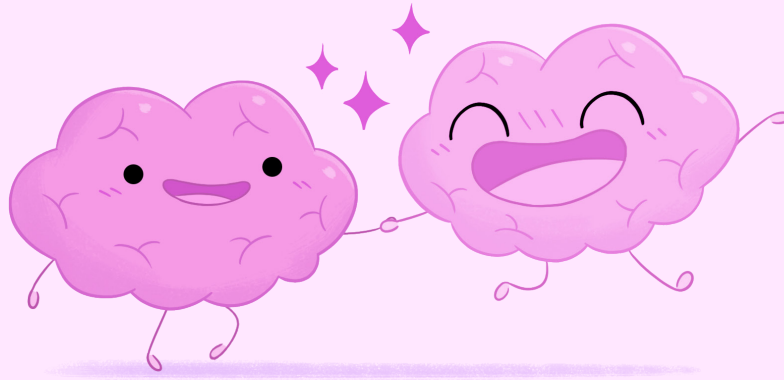
Remember, **EVERYONE WITH ADHD IS UNIQUE, JUST LIKE EVERYONE ELSE.**





# DATING WITH ADHD: WHAT TO KNOW

ADHD's Love Language.



People with ADHD might have trouble remembering plans, anniversaries, or even something you just said five minutes ago. It's not because they don't care—it's just how their brain processes information.

So, how can you help?

## COMMUNICATION

is key! Use gentle reminders and shared calendars—they're total game-changers.

A simple nudge can really strengthen your bond.

ADHD often means feeling emotions intensely. It's awesome when they're super hyped about something you did, but it can be tough when they're stressed or overwhelmed.

Creating a safe space for open dialogue helps. Validate their feelings and encourage them to share what they need. It's all about support and zero judgment!



# DATING WITH ADHD: WHAT TO KNOW

## Highs & Lows.



Ever get so into something that everything else just fades away? That's hyperfocus! People with ADHD bring crazy passion and energy to their relationships, making every moment feel like a spotlight on love.

Date nights? Never dull! Expect spontaneous adventures and creative surprises. **IF YOU CRAVE EXCITEMENT, AN ADHD PARTNER IS YOUR PERFECT MATCH.**

Plus, many with ADHD are super empathetic and sensitive, making them incredibly understanding and supportive. They feel and care deeply, which rocks for emotional connections.

If your partner zones out during convos, they're not ignoring you—focusing can just be tricky. **OPEN COMMUNICATION IS KEY!**

Impulsivity can lead to both epic fun and unexpected twists. Patience helps navigate those spur-of-the-moment changes.

And yeah, "I'll be ready in 5!" might not be spot on. Juggling time can be tricky, which might lead to being late or forgetting plans. Setting reminders can help keep things on track.

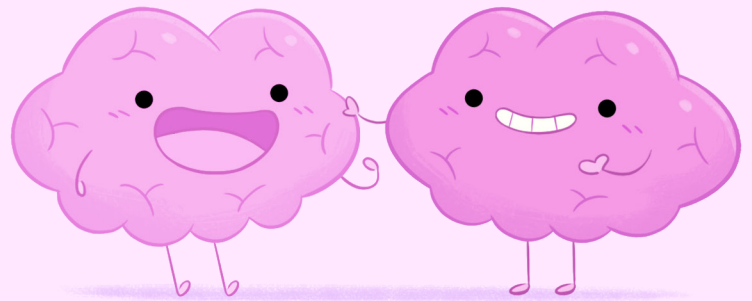


# ADHD LOVE LIFE

## ADHD: To Share or Not?

Should you tell someone you have ADHD on a date? Short answer—

**ABSOLUTELY,  
BUT TOTALLY  
YOUR CALL!**



Ask yourself why you want to share this part of your life. Is it to help them understand you better? Or maybe to destigmatize ADHD? Understanding your 'why' can help you decide if sharing is the right move.

If you're in a new relationship, give it a little time. Feel comfortable with them first. You might say something like, “Hey, just so you know, I have ADHD. It means my brain works a little differently.”

They might have questions, and that's okay! It shows they want to understand. At the end of the day, trust your gut. If you feel safe and ready to share, go for it. If not, that's totally okay too.



# ADHD LOVE LIFE

## TMI on Dates.

We've all been on dates where we leave thinking, "Did I really need to tell them that?!" Impulsiveness and oversharing can happen to anyone.

Remember:

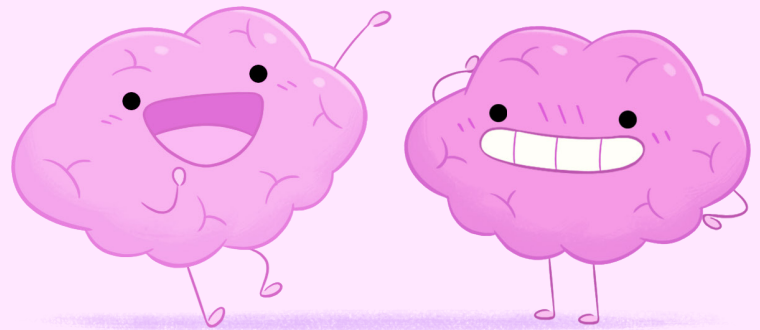
## IT'S OKAY TO PAUSE.

Take a moment to breathe and gather your thoughts before speaking.

Not only does it show that you're a great listener, but it also gives you time to think about what you really want to say. When you feel like you're about to go into overshare mode, take a deep breath. Literally, inhale, exhale. It works wonders.

If you feel like the conversation's going into TMI territory, it's totally cool to steer it back with a question about them. Plus, it makes you look super thoughtful and engaged.

Be genuinely curious about the person you're with. Being present lets you focus on the moment instead of stressing about what to say next. When you truly engage, oversharing becomes less of an issue.

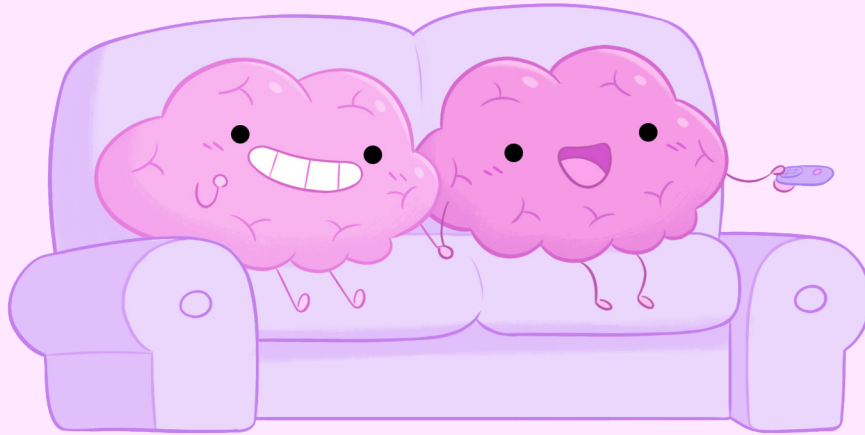






# ADHD LOVE LIFE

Avoid the Fade-Out.



Dating with ADHD can be both exciting and a bit overwhelming. Your brain's love for novelty might make it challenging to maintain interest over time.

**SET REALISTIC EXPECTATIONS**—both for yourself and your partner. Not every date needs to be fireworks and magic; sometimes, it's perfectly fine to just relax and enjoy a laid-back vibe. Honest communication is super attractive and helps avoid misunderstandings.

**KEEP THINGS EASY WITH A SIMPLE ROUTINE!** Whether it's a weekly date night or a set time to text each other,

staying consistent helps keep things exciting and prevents that burnout feeling.

When you're really into someone, it's easy to get deeply involved. Use that excitement to plan fun dates or activities you both enjoy. Feeling good about your plans helps keep stress away and lets you enjoy dating more.

If you're not feeling it anymore, it's best to communicate rather than ghosting, which isn't cool. A simple message like, "I enjoyed our time, but I don't think we're a match," is both respectful and appreciated.

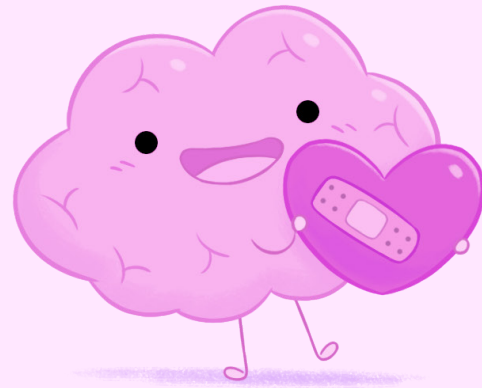


# ADHD LOVE LIFE

Chill With Rejection.

**RSD**, Rejection Sensitivity Dysphoria, is when rejection or criticism feels overwhelmingly intense. When dating, dealing with RSD can be really challenging because rejection or even small setbacks might feel much bigger than they are.

When you feel that wave of rejection, it's time to hit pause. Seriously, just stop for a sec and take a deep breath. This helps to calm your mind and keeps you from spiraling into negative thoughts.



Instead of thinking that rejection means you're not good enough, try to see it as a learning opportunity. Ask yourself, "What can I learn from this?" Flip the script and make it work for you.

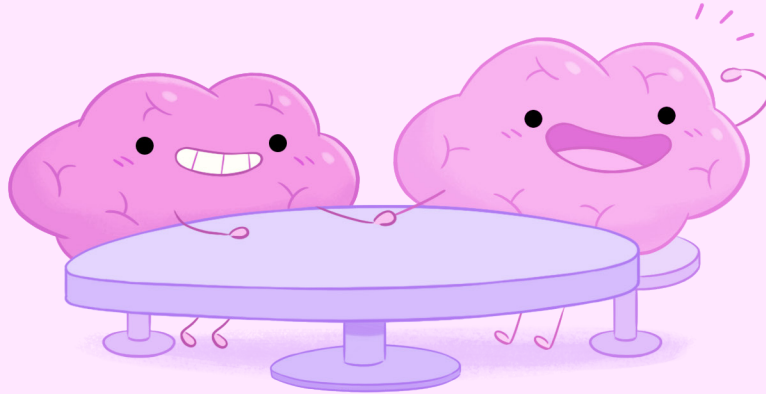
Stick with friends who lift you up, not drag you down. Spend time with those who remind you how awesome you are, even when you're feeling low.

If RSD affects your daily life, chatting with a therapist or counselor can really help. **ASKING FOR SUPPORT IS A SIGN OF STRENGTH, NOT WEAKNESS.**



# ADHD RELATIONSHIP GOALS

Distracted, Not Distant.



On a date with someone who has ADHD, and they seem distracted? No worries! **IT DOESN'T MEAN THEY'RE IGNORING YOU.** It's just that sometimes, their brain is juggling a lot of things at once.

To support, start by communicating openly and honestly. Ask them how they're feeling and what they need.

You might need to remind them of plans and help them stay focused during conversations.

## IT'S ALL ABOUT SUPPORT, NOT CHANGE.

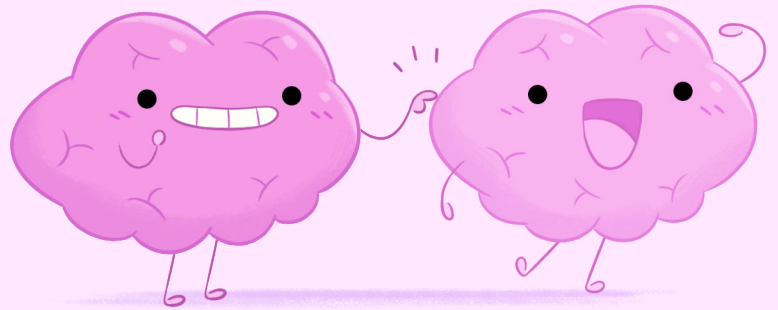
Timing can also be super helpful. If you notice they're in a hyperfocus mode, they might not be able to shift their attention right away. It's cool to wait a bit and then check in.



# ADHD RELATIONSHIP GOALS

## Stay Cool When Plans Tank.

Plans don't always go as expected. Sometimes, it's easy for our minds to wander or forget things. **THE KEY HERE IS COMMUNICATION.** If plans don't work out, try not to take it personally. Instead, have an easygoing chat like, "Hey, I missed you today. Is everything alright?" Keeping the conversation open can really help.



**ZONING OUT!** Yep, it happens. You're mid-conversation, and suddenly, they're staring into space. Don't fret. It doesn't mean they're not interested. A gentle nudge like, "Hey, I was just saying..." can bring them back. Be patient and understanding.

With ADHD, emotions can feel like a rollercoaster. Noticing patterns and triggers can help. If they seem down or off, asking, "How can I support you?" can be incredibly helpful. Sometimes offering a listening ear or a simple distraction can make a big difference.



# ADHD RELATIONSHIP GOALS

## Balance, Not Bossy.

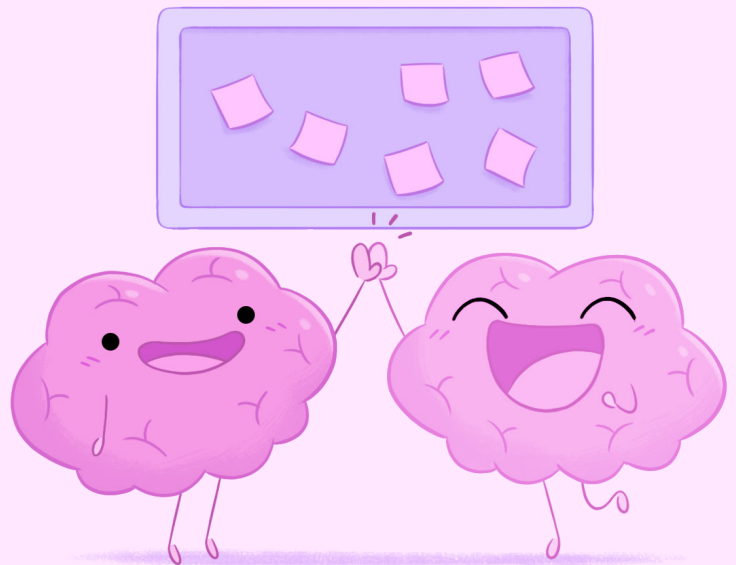
It's easy to slip into a manager role, especially if your partner forgets things or has trouble organizing. But remember, you're their partner, not their boss.

ADHD or not, every relationship thrives on good communication. Have open and honest conversations about needs and boundaries. Use **"I" STATEMENTS** to express how you feel without blaming. For example, say, "I feel overwhelmed when plans change last minute. Can we try to stick to our schedule?"

If your partner has trouble remembering dates or tasks, gentle reminders can be a lifesaver. Try using a shared calendar app or sticky notes in fun places. Whether it's planning dates, cooking, or even managing social activities, teamwork makes the dream work!

## A RELATIONSHIP IS A PARTNERSHIP, RIGHT?

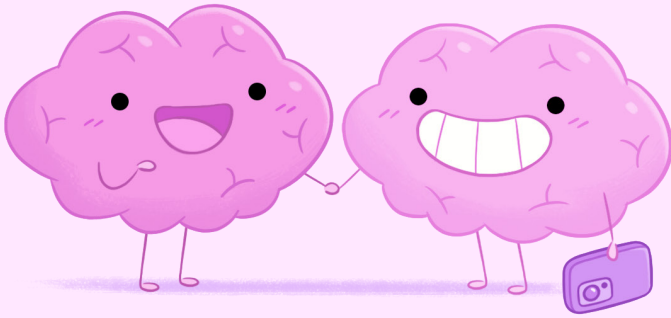
Celebrate the victories together.





# ADHD RELATIONSHIP GOALS

Talk & Feel Secure.



Make your partner feel comfortable communicating by

## TRULY LISTENING.

Pay attention to what they say, put away distractions—yes, even your phone—and make eye contact. Show you're engaged by nodding and using affirming words like "I hear you" or "That makes sense."

Sometimes conversations take unexpected turns, or some details might slip from memory. It's always good to be patient and allow others the freedom to share their thoughts without feeling hurried or judged.

Emotions can sometimes become overwhelming, and when things get too intense, it's totally okay to take a step back and say, "I need a sec." No drama, just giving yourself a breather. When you set boundaries, you're not just taking care of yourself but also showing respect for the people around you.

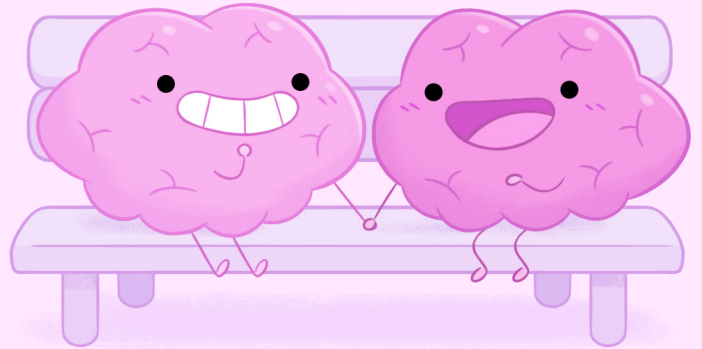


# REAL TALK: COMMUNICATION

## Speak Without Shutdowns.

We've all been there! You need to talk about something bugging you, but you don't want the other person to shut down.

**TIMING MATTERS!** Pick a moment when you're both relaxed and not rushed—maybe during a walk or over a cup of coffee. Avoid springing issues on them when they're stressed or distracted.



When addressing problems, kick things off with something positive. Compliment them or mention something you appreciate about them. It sets a good vibe and shows you're not attacking them.

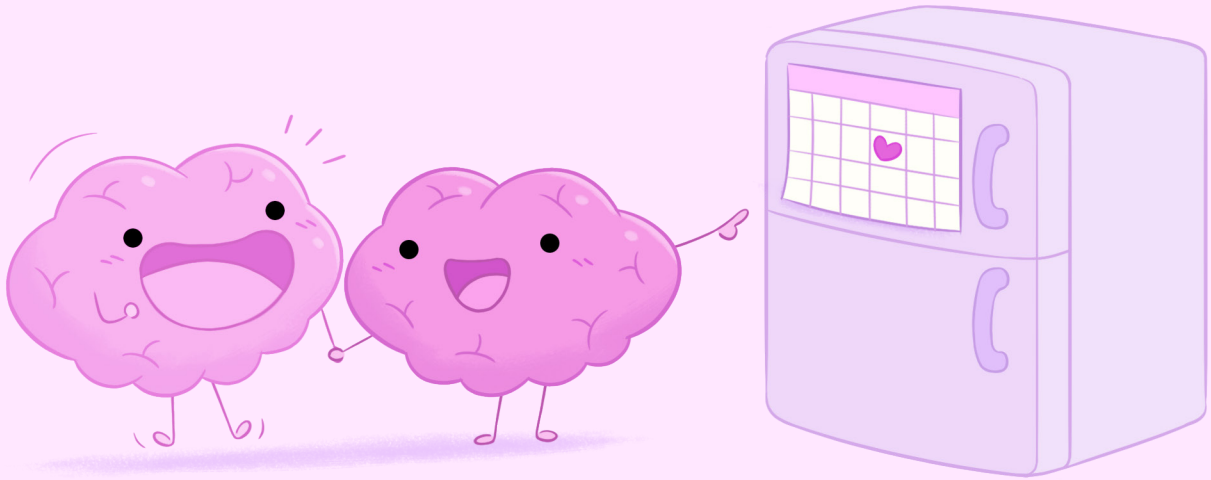
**BE CLEAR AND SPECIFIC.** ADHD can make it hard to process vague complaints. So instead of saying, “You always ignore me,” try, “I feel ignored when...”. This way, you're focusing on your feelings rather than blaming them. It's all about how the situation affects you.

Everyone has unique triggers, like loud sounds, too much going on, or certain subjects. Recognize these, be considerate, and work around them.



# REAL TALK: COMMUNICATION

Plan Like a Pro.



## SHARED CALENDARS!

These are lifesavers. ADHD can sometimes make it hard to keep track of dates and plans. With a shared calendar, you both can stay on the same page. Sync it to your phone, set reminders, and voilà! It's like having a personal assistant in your pocket.

### **GENTLE REMINDERS ARE YOUR BEST**

**FRIENDS.** Whether through sticky notes, texts, or voice memos, gentle nudges help keep things on track.

Writing things down can help both of you visualize what's happening. Start each week by jotting down your top goals and tasks. Break them into small, manageable steps, and watch as you crush them one by one.

No more double-booking or missing out on fun plans!





# REAL TALK: COMMUNICATION

Stay in the Loop.

Weekly check-ins are super important for keeping relationships strong and making sure everyone's on the same page. These are like mini catch-up sessions to stay connected. These questions open up a space for your partner to express where they might need a hand, whether it's reminders, planning, or just cheering them on.

Here are some questions to ask:

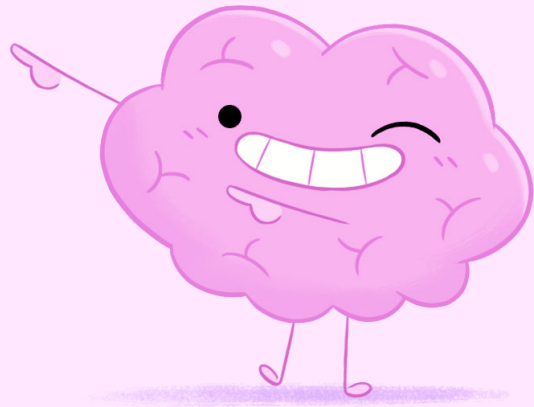
**HOW ARE YOU FEELING ABOUT EVERYTHING THIS WEEK?**

**IS THERE SOMETHING WE'D LIKE TO IMPROVE OR CHANGE?**

**IS THERE ANY WAY I CAN SUPPORT YOU MORE?**

**WHAT ARE YOU LOOKING FORWARD TO NEXT WEEK?**

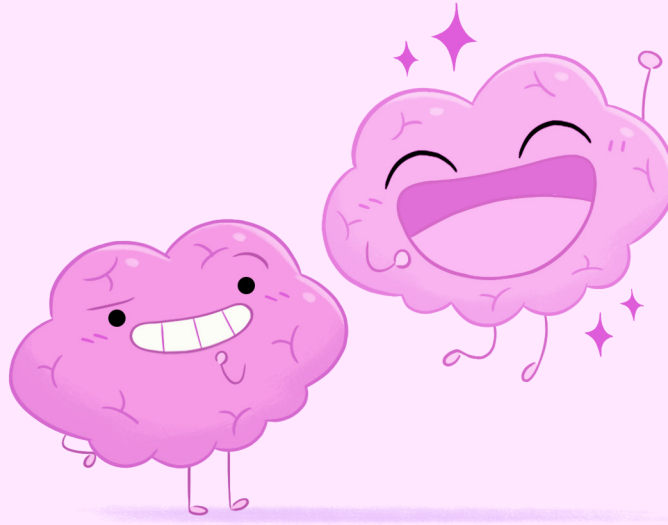
Everyone appreciates a little help! These questions help keep the connection strong by staying informed about what's going on in each other's lives.





# EMOTIONAL FEELS & INTIMACY

Touch, Space, Repeat.



With ADHD, your brain thrives on stimulation, and sometimes that means switching things up a little, not just in your daily life but in your relationships, too.

Whether it's diving into a new hobby or exploring a different place, you might have noticed this constant craving for something new. **IT'S BECAUSE OUR BRAINS ARE WIRED TO SEEK NOVELTY!** It's like a need for a little adrenaline boost to keep us engaged and motivated.

Remember, communication is key. Let your partner know when you're feeling like you need to mix things up or when you're craving some downtime.

Taking a step back and finding our own space can be super important, especially when life feels overwhelming. It's okay to crave that solitude. It doesn't mean we're avoiding things; it means we're recharging.



# EMOTIONAL FEELS & INTIMACY

Too Much, Too Fast.

## SO, WHAT'S OVERSTIMULATION?

It's when our senses—like sight, sound, and touch—get overwhelmed by too much input. It can make us feel anxious, tired, or even cranky.

Setting sensory boundaries is all about knowing our limits and making space for peace in our lives.

When things get too much, pause and take deep breaths. Whether it's low lighting or even just some quiet time, find what helps you feel comfortable and share that with your partner.



Just an hour a day away from screens can do wonders. Try putting your phone on 'Do Not Disturb' for an hour a day. Let your brain breathe a little.

It's okay to say, "Hey, I need a breather." Everyone has different sensory boundaries, and that's perfectly okay. It's all about finding what works best for you.



# EMOTIONAL FEELS & INTIMACY

Balanced Love Life.

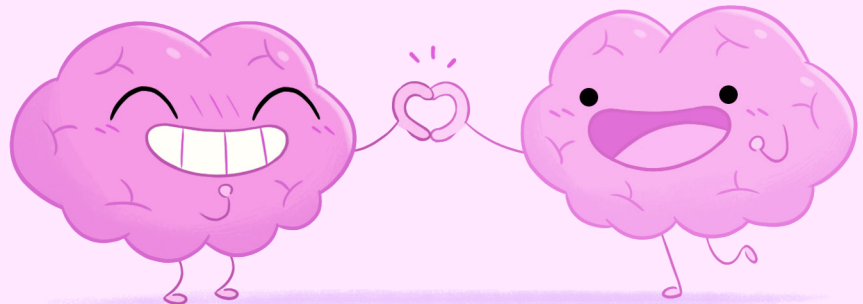
If you have ADHD, you know we love the new and exciting! Our brains crave fresh experiences to keep us engaged.

Keep the spark alive by finding balance and enjoying slow moments together. You don't always need to be "on." Sometimes,

## GIVING EACH OTHER SPACE

is the best way to nurture your connection. It's cool to say, "Hey, I need some me time," or "Let's do something fun today!"

Take time for yourself and enjoy your interests. Embrace this, and you'll find both exciting and quiet times can enhance your relationship.





# QUEER LOVE x ADHD

Dating in Disguise.

Being queer and having ADHD is like juggling two vibrant identities. Each has its own set of challenges and beauties. Our queer identities are diverse and fluid, just like our ADHD minds. Yet, society often nudges us to fit into neat boxes, whether it's about how we express love or manage our daily lives.

The solution?

## BE YOURSELF!

It might seem scary, but being genuine is freeing and draws in those who truly resonate with you. By dropping the masks, we make room for the right people to love us just as we are.



Take breaks when you need to and do activities that refresh you. Figure out what parts of dating stress you out the most and come up with ways to handle them. Put self-care first. The right relationship will come along, but it all begins with loving yourself.



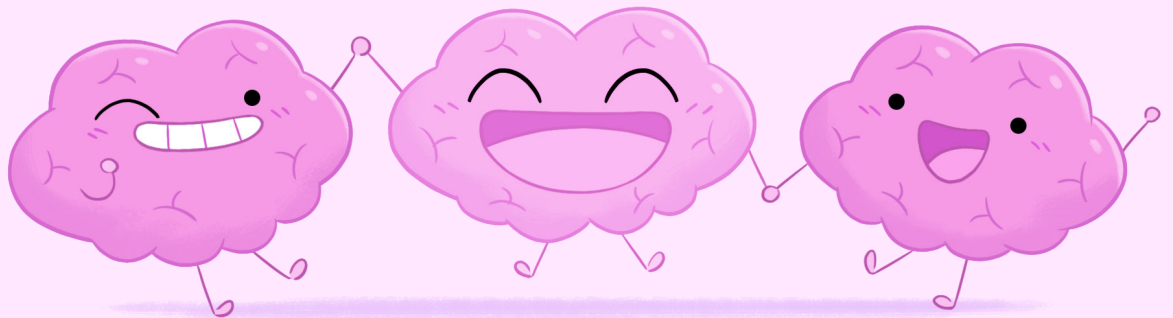
# QUEER LOVE x ADHD

Thriving in Open Love.

Ethical non-monogamy means having consensual, open relationships where everyone knows and agrees to the dynamics. It's all about trust, communication, and lots of love. But when you throw ADHD into the mix, things can get a little spicy!

**BALANCING TIME AND ENERGY IS KEY**, not only with others but also within yourself. Think of boundaries as your best buddies. It's easy to forget or overlook them if they're not clear, so make sure to talk about them openly and check in on them often.

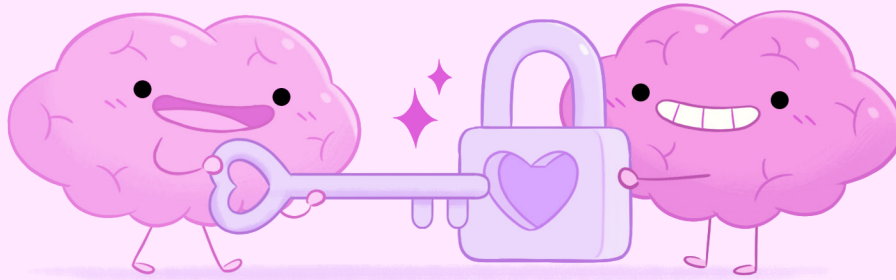
Keep things smooth with regular check-ins, clear boundaries, and, most importantly, awesome communication. Don't be afraid to ask questions, whether you need reminders or extra details—this can help avoid misunderstandings.





# QUEER LOVE x ADHD

Feel Safe, Be You.



In a world that often misunderstands both queer and neurodivergent identities, life can feel like a balancing act between self-discovery and being understood by others.

It is all about creating a relationship where you and your partner can **BE YOUR TRUE SELVES WITHOUT JUDGMENT**. Build connections where everyone can be their authentic self without fear of judgment or rejection.

If someone isn't willing to learn about you, maybe they're not your person—and that's okay. Embrace your uniqueness, communicate your needs, and never settle for anything less than the love you deserve.

# Taimi

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Taimi is a fully inclusive dating app that embraces the entire LGBTQ+ spectrum, not just one letter. With millions of users globally, Taimi redefines queer dating by creating a space where every identity, attraction, and relationship is welcome, because love isn't one-size-fits-all, and neither is the journey to finding it.

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Story Leaf is a nonprofit organization on a mission to raise awareness about socio-political health issues through social media. We're all about building a global community where people can connect, learn, and get inspired.



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