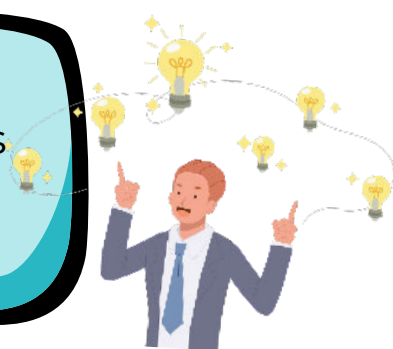


Interpersonal relationships

Adult

Communication in people with ADHD

People with ADHD **often talk a lot**, sometimes using their **entire body**. This is referred to as **overcommunication**.



There is also **undercommunication**, which is characterized by **difficulty picking up on many cues and parts of a conversation**.



Communication in general can therefore be **challenging**. It is important to surround yourself with **the right people** who recognize your **true value**.

How to improve your relationships

Tips and tricks

1. KNOW YOURSELF

- **Observe** your behavior in social situations
- **Identify** what works well and what doesn't
- **Acknowledge** your mistakes without blaming yourself
- Do not use your ADHD as an **excuse**
- **Learn** to manage your emotions



2. WAYS OF COMMUNICATING

- **Learn rules** of etiquette
- **Learn to interpret** nonverbal communication
- **Learn to distinguish** between refusal and rejection
- **Avoid interrupting** others



LISTEN TO OTHERS

- **Implement techniques** to remember names
- **Observe people** and spend time with them without intervening
- **Paraphrase** what the other person says (helps with better understanding)



SYNAPSE
360



Accompagnement
TDA/H & SGT

For more tips and strategies to support someone with ADHD, feel free to contact us!

Sources :

1. DE COSTER, Pascale. (2011). Le TDA/H chez l'adulte. Une question de gestion. TDA/H Belgique.
2. BORMS, Gil., STES, Steven., VAN DEN HEUVEL, Ria. (2009). Je suis hyperactive ! Édition de boeck.