Adult ADHD in Relationship: Your 6 Weeks

13 Nov 2026

Welcome to your group

Over the next six weeks we'll explore how Adult ADHD may show up in your relationship and find ways to feel more connected and less stuck in your patterns. Whether you have Adult ADHD, love someone who does, or are still wondering, you're welcome here. You don't need a formal diagnosis to belong.

Everyone's experience is unique, so we'll focus on what fits for you, and on strengths as well as struggles.

Each session

- **Arrive and ground:** a short breathing, tapping or grounding practice to bring us into our safe space.
- **Check in:** a word or symbol on how you're going *(you can always pass)*
- **This week's focus:** a short therapeutic sharing *(often guided by your needs or requests as the weeks evolve)*
- **Practice together:** group tapping on the week's focus and/or support for your special need that week.
- **Focus:** taking the focus home with you to put into action
- **WhatsApp:** support for the tricky times *(and Tess reminders to keep the focus challenge going!* 😁*)*

Your six weeks

Week 1: What's our nervous system got to do with it?

- Our group commitments, and how we keep this space safe together
- Getting to know each other: your first name, what's brought you here, and what you're hoping to gain - short and brief *(I'll help you manage the ADHD overshare if it's your thing)*
- Your nervous system: a pictorial and practical introduction to Dr Stephen Porges Polyvagal theory
- How Adult ADHD may show up in a relationship, for both partners - rejection sensitivity, emotional flooding and avoidance - and how they may show up in the pattern between you
- Deep breathing to regulate and show up as your best self
- **Take-away:** Your deep breathing plan for the week - feedback to Tess *(so that we make this really work for you)*

Week 2: Tapping - now that's weird but you say it works?

- Check-in: when did the deep breathing help?
- An introduction to tapping
- Tapping together – on whatever is front of mind for you this week.
- Sharing everyday supports: reminders, time, shared tasks and the mental load
- **Take-away:** a short tapping practice for the tough times - *(YouTube it - channel Tess 🌻)*

Week 3: Tap it out - grief, sadness, blame, shame and guilt.

- Sharing of tapping experiences and challenges
- Where your triggers come from and how they show up now
- What hijacks you, and how tapping makes it safe to let go
- Tapping together to release to allow reconnection – emotionally, mentally and physically

- **Take-away:** Using your tapping video to continue healing and start connecting

Week 4: From Ouch! To EASE - Yes please!

- Safe sharing
- Recognising your pattern.
- The Ouch Pause *(all weapons down - deep breath)* to allow regulation and processing
- Introducing EASE (Empathic Assertive Speaking Everytime): a simple way to say what you need, kindly and clearly, to improve communication
- **Take-away:** using the basic OUCH to EASE pattern

Week 5: More EASE please - Self Care to Repair

- Expanding on the EASE process
- Practicing how to raise challenging subjects
- Tapping together on individual requests and therapeutic needs
- **Take-away:** one small act of kindness for yourself this week – kindness creates safe connection

Week 6: Kind Reminds

- Resourcing you - What helps you feel calm and connected
- Your plan for when old patterns return
- Building support around you beyond the group
- Next steps, and fond farewells
- **Take-away:** One last video tapping and a short feedback *(to help Tess's growing edge* 😅*)*

Support

- **Between sessions,** this group is not a crisis service. If you are in crisis, please call Lifeline on 13 11 14, or 000 in an emergency.
- **Contacting Tess: 0427 220 052 or** tess@eft2.com.au
- **The WhatsApp group:** joining is entirely your choice. If you'd like to join, just let me know and I'll add you. If you join, the same kindness and confidentiality agreements apply there, and your phone number will be visible to other members. You can leave at any time.

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