

Sex and Intimacy for Women with ADD

with Amy Stapleford, M.Ed.
and the women of the ADDDivas
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“Give up guilt over high-stimulus-seeking behavior. Understand that you are drawn to intense stimuli. Try to choose them wisely, rather than brooding over the ‘bad’ ones.”

-Ned Hallowell and John Ratey, *Driven to Distraction*

DOPAMINE

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FOCUS

Effects of ADD on Sex

- Increase focus
- Decrease the need for focus

“Remember that what you have is a neurological condition. It is genetically transmitted. It is caused by biology, by how your brain is wired. It is *not* a disease of the will, nor a moral failing, nor some kind of neurosis. It is not caused by a weakness in character, nor by a failure to mature. It's cure is not to be found in the power of the will, nor in punishment, nor in sacrifice, nor in pain. Always remember this. “

-Ned Hallowell and John Ratey, *Driven to Distraction*

Losing focus or needing more intensity to focus is NOT (necessarily)...

- Lack of attraction, love, or commitment
- “Frigidity” or lack of enjoyment of sex
- Unresolved issues in relationship(s)
- Sign that your partner is “wrong” for you
- Sign of sexual compulsions or poor morality

Drugs used to treat ADD also
affect sexuality

The potential positive effects of Stimulants:

Stimulants may increase...

- Focus
- Desire
- Libido
- Pleasure
- Orgasm
- Sense of well-being
- Stamina

The potential negative effects of Stimulants:

- Vaginal dryness
- Reduced genital blood flow/engorgement
- Decreased genital lubrication
- Decreased sensation
- Difficulty reaching orgasm.

To increase blood flow and decrease dryness...

- Increase water intake
- Use vaginal moisturizers to moisten tissues
- Use lubricants for sex to decrease friction
- Increase level of arousal and desire before penetration
- Do pelvic floor exercises
- Viagra
- Hormones
- TALK TO YOUR DOCTOR!

Women's Sexuality

Stereotypes vs. Reality

Research tells us that among
women...

Intimacy is an aphrodisiac.

AND

Intimacy is an anti-aphrodisiac.

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“Don't feel chained to conventional careers or conventional ways of coping. Give yourself permission to be yourself. Give up trying to be the person you always thought you should be--the model student or the organized executive, for example--and let yourself be who you are.”

-Ned Hallowell and John Ratey, *Driven to Distraction*

There is NO “right” way to be a sexual being.

Effects of ADD on Sex

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“Learn to joke with yourself and others about your various symptoms, from forgetfulness to getting lost all the time to being tactless or impulsive. If you can bring a sense of humor to your failings, others will forgive you much more quickly.”

-Ned Hallowell and John Ratey, *Driven to Distraction*

Amy Stapleford, M.Ed.

<http://www.embodiedsexuality.com>

<http://embodiedsexuality.blogspot.com>

For posts specific to ADD and Sexuality, see:

<http://embodiedsexuality.blogspot.com/search/label/ADD>