

ADHD, Low Sexual Desire & Expectations: A Quick Guide



Welcome! I'm thrilled you're here to explore the connection between ADHD, low sexual desire, and expectations. My goal is to empower and validate your experiences.

Who Am I? I'm a Licensed Psychotherapist, Sexologist, and Certified Sex Therapist specializing in ADHD and sexuality. As someone diagnosed with ADHD later in life, I've made it my mission to challenge outdated research and create real solutions for ADHDers navigating intimacy & sex.

Key Concepts

- **Neurotypical** – Brain functions align with societal norms.
- **ADHD** – A neurodevelopmental disorder affecting focus, impulsivity, and executive functions.
- **Executive Functions** – The mental skills that help us plan, focus, and follow through.
 - ADHD affects self-awareness, impulse control, working memory, emotional regulation, motivation, and planning.
 - These challenges impact intimacy and relationships.

ADHD & Sexuality: What Research Says

- ADHD is linked to lower sexual satisfaction, higher divorce rates, and struggles with attention in relationships.
- Most research focuses on ADHD challenges but doesn't explore **why** these issues occur.
- Neurotypical expectations shape our experiences, understanding ADHD specific barriers helps us navigate intimacy better.

Low Sexual Desire & ADHD: The Missing Link

- **FSIAD (Female Sexual Interest/Arousal Disorder)** – Defined by DSM-5 as low desire + distress.
- **Low sexual desire is common but often misunderstood.**
- ADHD specific stressors contribute to desire challenges:
 - Executive dysfunction makes sex feel like a task.
 - Sensory sensitivities can lead to overstimulation or discomfort.
 - Emotional regulation difficulties can cause avoidance.

ADHD Barriers to Desire & Intimacy/Sex

1. **Sex Feels Like a Task** – Overwhelm leads to avoidance.
2. **Sensory Overload** – Small discomforts can ruin the moment.

3. **Avoiding Conflict** – Difficult conversations are hard, so needs go unmet.
4. **Mental Load** – Parenting, chores, and executive dysfunction drain energy.
5. **Confidence in Pleasure** – Many ADHDers struggle with self advocacy.
6. **Sex Paralysis** – Like task paralysis, but for intimacy.

Why ADHD Makes Desire a Struggle

1. **Impulse Control & Gratification** – If it's not instantly appealing, we lose interest.
2. **Regulation Issues** – Restlessness can make it hard to focus during intimacy.
3. **Sustaining Attention** – If sex isn't instantly rewarding, the brain checks out.

ADHD Friendly Strategies for Sexual Success

- **Ramps, Not Stairs** – Accommodations (physical & environmental) help ADHDers thrive.
- **Sensory Adjustments** – Identify what enhances or disrupts pleasure.
- **Redefining Touch** – Make touch about connection, not obligation.
- **Effective Communication** – Use direct communication, perception checks, and alternative mediums (texts, notes) to express needs.
- **Understanding Desire** – Spontaneous vs. responsive desire: sometimes you need to start before feeling “in the mood.”

Final Thoughts

- ADHD impacts sexual desire, but **understanding your unique needs** can help.
- Sex should be **pleasurable, pressure free, and accessible...**find what works for you.
- Communicate, experiment, and embrace strategies that support your brain.

👉 **Want to explore more?** Follow my work for ADHD focused sexuality insights!

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