




ADHD CLINICS

ReFrame Weekly

Edition 20 13/10/2025

A Newsletter for ADHD Brains That Think Differently

 Welcome back!

You are part of a growing ADHD community. ReFrame Weekly is here to help you build momentum, manage focus, and feel understood—one doable strategy at a time.

This edition focuses on making transitions smoother, tasks more visible, and habits more brain-friendly. Simple shifts can help build consistency and reduce mental effort.

A WEEKLY DOSE OF INSIGHT, STRATEGY & SUPPORT FROM ADHD CLINICS

NeuroMomentum

Your brain loves closure — use “micro-wins” to build lasting momentum.

(More on page 4)

Wired Differently

Conflict isn't failure — it is communication in disguise. Learn the ADHD-friendly way to repair and reconnect. (More on page 4)

Scattered to Sharp

Use “relationship rituals” — short, predictable habits that bring calm and connection.

(More on page 5)

The Dopamine Dispatch

Patient win: a couple with ADHD learned to pause mid-argument and use cue words to reset.

Audio boost: Mindful Love playlist for emotional regulation and co-regulation.

(More on page 5)

ADHD Clinic Services

How we support patients from assessment to ongoing care.

(More on page 6)

Quick Quiz

Which strategy helps ADHD relationships repair after conflict?

(more on Page 6)

Share Your ADHD Wins or Tips

What is one thing that helped your ADHD brain thrive this week?

 Share it with us at info@adhd-clinics.co.uk

(Subject: “My ADHD Tip”)

We may feature you in a future edition—with your permission!

Clinician Spotlight

Dawn White

Relationship Coach, ADHD Clinics.

Dawn White is a relationship coach who works closely with individuals and couples navigating the impact of ADHD on relationships. With warmth, humour, and practical strategies, she helps patients understand how ADHD traits—like impulsivity, time-blindness, and emotional intensity—can play out in everyday relationships.

Her approach blends coaching techniques with real-world advice, making her guidance highly relatable. She encourages open communication, mutual respect, and practical adjustments to support healthier and more fulfilling relationships.



“ADHD relationships can be vibrant, loving, and strong — once both partners learn the rhythm of each other’s minds.”

– Dawn White

Appointments available at:

adhd-clinics.co.uk/appointments/

ADHD Assessment & Treatment Online Course

A practical training for professionals.

Designed for psychiatrists, GPs, psychologists, and nurses, who want real-world, up-to-date skills in diagnosing and treating ADHD.

Full-Day ADHD Masterclass | Friday, 21 November 2025


 **Live online session | Programme TBC**


Join our full-day training course designed for psychiatrists, GPs, psychologists, and allied health professionals who want to enhance their skills in assessing and managing ADHD across settings.


What the course will include:


- Adult ADHD across the lifespan
- Diagnostic frameworks and pitfalls
- Medications and titration strategies
- Coaching, CBT, and skills training
- Managing ADHD with comorbidities
- Case examples with group discussion

 **Where:** Live Online via Zoom

 **When:** Friday, 21 November 2025

 **Time:** 09:30 – 16:30 (UK time)

 **Offer:** 10% off with promo code: **ReFrameWeekly**

 **Book now:** adhd-clinics.co.uk/adhd-training-course-uk/

NeuroMomentum

Micro-Wins Create Macro-Change

ADHD brains thrive on momentum. Waiting for big progress can backfire — instead, stack micro-wins that release dopamine and keep you moving.

Example: Jordan ends every day by writing down three things he completed — even tiny ones like replying to one email or putting away dishes. That sense of closure keeps motivation alive.

Try this: Celebrate every task finished, not just started. Use a “Done List” or tick-box app to make progress visible.

Wired Differently

Repair Over Perfection

In ADHD relationships, communication can break down fast — impulsive words, misinterpreted tone, emotional flooding. Repairing matters more than avoiding conflict.

Example: Sara and Liam developed a “reset phrase” — “Let’s pause and try again.” It became a cue for emotional safety and repair.

Try this: When tension spikes, call a time-out. Step away, breathe, and return once calm. ADHD conflict is often intensity, not intention.

Scattered to Sharp

Relationship Rituals

Predictability helps calm ADHD chaos — and that includes relationships. Short, repeated rituals build stability and connection.

Example: One couple sets a 10-minute “connection check-in” every evening — phones away, a few questions like “How’s your energy today?” or “What do you need tomorrow?”

Try this: Choose one daily ritual — a walk, coffee chat, or shared playlist — and make it consistent. Small, reliable moments reduce emotional overwhelm.

The Dopamine Dispatch

Patient Win: A couple discovered that setting a rule — no discussions after 9 p.m. — prevented late-night spirals. They now resolve issues faster and feel more rested.

Audio Boost: Mindful Love playlist (Spotify) — mellow instrumentals and light beats for emotional grounding during conversations.

Book of the Week: ADHD & Us by Anita Robertson — a compassionate, practical guide for couples navigating ADHD in relationships.

Quick Quiz ?

Which strategy helps ADHD relationships repair after conflict?

- A) Avoiding all arguments
- B) Using a “reset phrase” and calm re-entry
- C) Arguing until one partner gives in
- D) Ignoring emotions completely

Email your answer to info@adhd-clinics.co.uk

One correct entry will win a **£5 Amazon voucher** (random draw if more than one).

ADHD Clinics Service

At our clinics, we aim to provide end-to-end support for ADHD—from assessment through to ongoing care. Many patients feel relief simply in being understood and validated; we then build structured care on that foundation.

Our services include:

- Comprehensive Diagnostic Assessments – following NICE guidelines, including developmental history and collateral input.
- Medication Initiation & Monitoring – evidence-based prescribing, careful titration, and side-effect management.
- Therapeutic Support – CBT tailored for ADHD, coaching for skills, and psychoeducation sessions for patients and families.
- Workplace & Academic Support – reports, adjustments, and advice to help patients thrive in work or study environments.
- Long-Term Follow-Up – structured reviews to ensure progress is sustained.
- Support for Co-occurring Conditions – such as anxiety, depression, autism, PTSD, and sleep issues.

Our philosophy is practical, patient-centred, and flexible—because no two ADHD journeys are the same.



Share Your Tips & Journeys

Do you and your partner have ADHD-friendly rituals?
How do you cool down or repair after a misunderstanding?
What helps you stay emotionally connected through daily chaos?

Share your insights with [**info@adhd-clinics.co.uk**](mailto:info@adhd-clinics.co.uk)
— your story could inspire others in a future edition!

⚠ Disclaimer:

All names and stories in these examples are fictional and provided to illustrate how strategies might be applied in real life.

See you next week !

Thank you for reading

If you like ReFrame Weekly, please do write to us [**info@adhd-clinics.co.uk**](mailto:info@adhd-clinics.co.uk)

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