

Shining with ADHD by The Childhood Collective

Episode #206: When ADHD Impacts Your Relationship: Breaking Cycles with Dr. Tracy Dagleish

Dr. Tracy Dagleish: And a lot of partners in a relationship with someone who has ADHD but also a lot of partners in general will say, look, he doesn't care about me, or look, she doesn't think about me and I don't matter. And so, we connect the thing not being done to something about ourselves, rather than externalizing it and seeing actually this challenge with planning and prioritizing and completing tasks and initiating tasks, it's not because they don't love you. It's not attached to loveability. It's not attached to the wantingness to be in this relationship with you. It's actually because their brain works different than yours.

Katie: Hi there. We are The Childhood Collective, and we have helped thousands of overwhelmed parents find joy and confidence in raising their child with ADHD. I'm Katie, a speech language pathologist.

Lori: And I'm Lori.

Mallory: And I'm Mallory. And we're both child psychologists.

Lori: As busy mamas ourselves, we are on a mission to support ADHD parents on this beautiful and chaotic parenting journey.

Mallory: If you are looking for honest ADHD parenting stories, a dose of empathy with a side of humor and practical tools, you are in the right place.

Katie: Let's help your family shine with ADHD. Today, Mal and I are thrilled to be talking with Dr. Tracy Dagleish, clinical psychologist, relationship expert, author, and mom of two.

Mallory: And even though we usually focus on ADHD parenting on this podcast, of course we know that ADHD runs in families and we get so many questions about how ADHD can show up in our adult relationships.

Katie: And Tracy has developed several amazing resources to help you break old relationship cycles and find joy in your relationships. From her top-rated podcast to coaching in an online

community and a new book that just came out. And today we're going to be talking about what happens when one or both partners has ADHD.

Mallory: Tracy, we are honored to have you on today. Welcome.

Dr. Tracy Dagleish: Oh, my goodness, Mallory and Katie, thank you so much for that introduction and thank you for inviting me into your community here. It's such a gift to get to sit with other people doing this work. So, thank you.

Katie: Yeah, we're so glad to have you. And we were just chatting before we hit record about, you know, having kind of the middle-aged kids and I think you have one at home, which we're all very familiar with that. But it's really nice to just talk with someone who's in the same season life. And I think a lot of our listeners will definitely relate to that. So, we appreciate you taking the time.

Dr. Tracy Dagleish: Yeah, absolutely. And yeah, it's funny when you sit with other parents and you say, hey, I've got a sick kiddo at home, there's always just this understanding and empathy that comes with it of oh, right, we can do the work thing and we can do the bouncing back and forth and we also know it's okay if they're going to come in and interrupt and all the things.

Katie: Yeah, we do wear a lot of hats. I feel that too. And, and again, I just think so many in our community are doing the same thing. So, we're all in really good company. So, we're going to jump right into some of the questions that we've gotten. But before we do that, I wanted to just start by talking through how does ADHD typically show up in adult relationships? And I'm specifically right now thinking of relationships where one partner doesn't have ADHD and the other one does.

Dr. Tracy Dagleish: Yeah, the first thing I go to with that is I think about the relational cycles that are really common for couples and when we think about maybe even the two most common ones. The first one is the pursue, blame and defend, withdraw cycle. So, one partner who is probably the one who doesn't have ADHD comes into the dynamics saying did you do the things? Are we connecting? Do we have all this stuff to do? And they're like knocking on the door. That's the best analogy. They're knocking on their door and their partner grows defensive, withdrawn, maybe even shame underneath this for having to forget the thing again.

And they shut down, they keep the door closed. And so that's this one cycle that shows up. But the other really important cycle that I know many listeners will connect with around this is when you become the over functioner and your partner with ADHD becomes the under functioner and the over functioner is the manager. They are the taskmasters. They are remembering all the things they have, the order, the organizational skills. They're saying, hey, did you empty the dishwasher? I asked you to do it earlier. Or did you make that doctor's appointment? And it's this pattern of problem solving, of being the one to know all the things and then their partner under functioning. And that is the just tell me what to do. It's the seeking the other person for solutions. And that over function under function dynamic can also show up almost like a parent child feeling.

Mallory: That's exactly what I was thinking. I see the parallel between those two.

Dr. Tracy Dagleish: Yeah, just that sense of I have to be the one to always step into the management of this and you're stepping into the one being told what to do. And for some people that works. Anytime I talk about the mental load and I say here's a problem with the question saying just tell me what to do, I'm here to help you. My husband, he does not have ADHD, but he used to ask me that when our kids were younger and I would say I love that you're here to show up with me. And the moment you ask me that is the moment you put me in the mother, in the CEO in the over functioning role and it just infuriates me. So, I think recognize like just as a first start, let's just recognize those two common cycles that show up for people.

Katie: Yeah, absolutely. I think the other kind of piece that gets lost is that the more that you step into those roles they sort of continuously feed each other, right. So, if I, as I tend to be the over, what did you say the over functioner? The over functioner, yes. I can definitely see myself stepping into that role. And you know, kind of the more that I say, oh, I'll take that on, I'll take that on, then in some ways my husband is going to continue to kind of get farther and farther behind because now I've taken over like you know, my son's GI appointments and I'm the one that knows the questions and the medications and the whole history of what's going on. And now for me to be like take this back, it's really difficult. And so, it's interesting that cycle, it's easy to fall into and then I think it would be hard to get out of.

Dr. Tracy Dagleish: Yeah, absolutely. And also, just to recognize for a moment that that cycle is not specific to partners where one person or both has a neurodivergent brain. So, we

do see that across all couples because those patterns are functional and they work for people, they work in the short term. But in the long run we do end up creating greater disconnection and greater resentments. And I think that's also something that can show up for people when one person struggles with executive functioning and with challenges around organization and time management. So, it can feel like you're both trying to hold up all of these balls in the air, but then that one person is dropping them not because, and this I think is so important because when we see our partners do something or not do something, we then bring in our own stories, assumptions and perceptions. And a lot of partners in a relationship with someone who has ADHD, but also a lot of partners in general will say look, he doesn't care about me or look, she doesn't think about me and I don't matter. And so, we connect the thing not being done to something about ourselves rather than externalizing it and seeing actually this challenge with planning and prioritizing and completing tasks and initiating tasks, it's not because they don't love you. It's not attached to lovability. It's not attached to the wantingness to be in this relationship with you. It's actually because they're brain works different than yours.

Mallory: That's such a good point And again, I'm like seeing the parallels with this and then also like the parenting dyad, how when we don't really have an explanation for how our child's neurodivergent brain is working and why it's working that way, we do start to kind of fill in the blanks and attribute things to the challenges that are not true. About like my child's just a bad kid or my child is lazy rather than really understanding it's these differences in executive functioning and it's the challenges with organization and things like that. So just I see all these parallels between the parent child dyad, but then also these adult relationships. I'm wondering how this looks different or your thoughts about how it might look different when both parents or both partners have ADHD?

Dr. Tracy Dagleish: Yeah, I mean again I think of those cycles then is it maybe that both people shut down and then they're finding that they're overwhelmed and not managing life? Is it that tasks are being completely dropped and that would lead into this pattern of shutdown avoidance? Or is it even maybe another common relational cycle which is blame and blame? So finding who's the bad guy. You said you were going to do this. No, you said you're going to that. And it's kind of like if I think of both of those patterns for couples, it's like you're trying to just tread water and nobody, not either partner, is getting above saying here, I've got the life vest, let's go. And that's tricky, right? And I think the other thing to be true in this is

that it comes back to our systems and how we don't have that. Systems in whether it's about managing the day to day, managing kids, life in general, but also systems around communication. And if we're constantly on the fly, if we're running from one thing to another, if we're just bobbing and treading along in water, it's going to be hard to slow things down and connect on some of the deeper stuff that's happening.

Katie: Absolutely. And I think it's so important too to as you said, those systems, but if you have ADHD, it can be really hard to create the system and it can be even harder to keep the system, right? And we say the same thing to parents. Okay. If it's really a struggle for your child to get ready for school in the morning, how can we make it easier? Right. Not doing it for them, not carrying them around the house and getting them ready. But what systems can we put in place? Whether that's physically like we're going to put the toothbrush and the toothpaste in this spot, and it's always going to go there so that we're not searching. I say that, but my child literally this morning was like, I can't find my toothbrush. And I went upstairs and it was under the vanity on the ground, which I'm like, that's just already kind of icky. But anyway, so, yes, obviously I can speak really highly of my systems, but we try, right? And but it's hard. And I think that's a huge piece of the puzzle when we think about those systems. And for parents who are raising kids with ADHD, there's additional stressors, right? Like they have, maybe they're taking their child to therapy. There's financial cost of whether that's additional doctor's appointments or medication. Or, we call it like the water bottle tax, where our kids are losing stuff and then we're paying for new ones, right. They can't not have a water bottle. And so, what are your thoughts about that? Is there any kind of patterns that you see for parents who have this additional strain. Anything that you have noticed or that you see of how that impacts their relationship?

Dr. Tracy Dalglish: Yeah, I see this greater sense of disconnection. I mean, and that's not just specific to these couples, but I do think there's the sense of unequal distribution, or unequal, rather, distribution of tasks in the home. So many people will come and say, we're struggling with the mental load, the invisible labor. We can't divide it. It feels like I'm always in the manager position. And then it also comes down to disconnection. And if you can't get on the same page, if you don't feel like a team, you are going to feel further and further apart. And I think that mixes in with the challenges of raising children, which is that you're so busy. You are like two ships passing in the night. And the research even shows parents to young children spend 30 minutes a week talking with each other. They did this study of connecting

parents to, I don't know if it was a journal or maybe they had microphones, I can't quite remember, but they watched these tapes of families, and it was 30 minutes a week. That's not a lot of time. And most of those interactions are around logistical things like where are the splash pans? Who's making lunch the next day? And so, when you're not feeling connected and, it all comes back to and I know you talk about this in terms of the parent-child dyad, it all comes back to feeling seen, secure, soothed, comforted. That's all of our attachment security and we need that with our significant other. They're our secure base. And if we're not slowing down to be in those conversations, if we don't have that attention together around just talking about our relationship regularly, it is going to continue to feel like you are on this constant race.

Mallory: Yeah. And especially when you don't have those systems in place, your conversations, you're 30 minutes a week, it has to be about these logistical things, it has to be about the kids, it has to be about moving the needle forward when it comes to those things that are happening every day. So, when do you sit down and talk about other things that partners should talk about?

Dr. Tracy Dalglish: It's so tricky. And it's even something like we can say to neuronormative brain, once a day, pause to appreciate your partner and that person might even struggle. And so maybe they set a timer. But then can someone who is neurodivergent, can they have systems in place to help them do that one simple task? Because again, that's the how am I building connection with my partner? All of these tasks are small and kind of, quote unquote easy, we can all do them. But if the system doesn't support us to doing it, it becomes so much harder. And I do speak from that in terms of my clinical experience and not from a personal experience.

Mallory: So, we know that these couples are having a hard time staying present, having the time to really connect, listen, probably have intimacy. So, what strategies do you recommend for these couples who have kind of fallen into this cycle, into this pattern where they feel like communication and connection is constantly breaking down. Like what can we do? How can we fix it?

Dr. Tracy Dalglish: Yeah, let's even break some of the connection piece down into something smaller. So, is there something like five minutes a day after you brush your teeth, you keep your phones away and you turn towards each other and you say, I mean the

Gottman's say this one, how is your heart and mind today? Which I love that they ask each other that one every morning. But you can also turn to each other and express, here's something I appreciate about you today. So, you're creating this ritual of connection and it's stacked in order of what you do. So, we brush the teeth, we're finished brushing the teeth. That's kind of your wrap up, your wind down. You put your phone away so it's not there as a distraction and then you do the thing. And that's this small moment of connection. And then when we think of even something larger that does require more time. Do you, and I recommend this to all couples, do you spend time sitting on Sunday for 30 minutes and planning out your week and then implementing whatever it is that you need? Is it about saying, okay, so let's do some body doubling on Monday night. I'm going to get these tasks done and you're going to get these tasks done. Here's our list. So you plan that out. Is it then having the phone reminders made so that on Tuesday you're calling the doctor's appointment for that task that you have. So you do that on Sunday every week. But I think this requires couples to recognize that you are running one of the most important businesses in life and it requires you to sit down and plan what the week is going to look like. And that's what we see from successful couples, is that they have those check in points regularly.

Katie: Absolutely. I know in our home we do that and we've tried to do that at various times and it seems like we get into a rhythm and there's a lot of neurodivergence in my home. So, we'll get into a rhythm and it's going really well. And in general, I think it does make the week go so much smoother. But what happens to us is, let's say we get to Sunday and there's a special barbecue or we're going out of town and it's really easy in our family to just get off of that schedule and then not get back on. So, it's been really interesting in The Childhood Collective because we have our meetings every single week and we are meticulous about it, right. There's three of us, we're pretty much remote. Like we work in person once a month or something, but for the most part we're remote. And it's actually a really good model for me because if we miss, we have Monday morning meetings at 8am and if we miss that meeting, we are rescheduling for later in the week. And so, I will literally tell my husband, we have to run it the way Mallory runs it. We have to reschedule the meeting. Because, but it's hard, you know, again, if you get out of the habit of something, it's really easy to be like, oh yeah, we used to do that once upon a time. And for whatever reason...

Mallory: It was good, we liked it.

Katie: Yes. And it worked. I mean, that's what's so funny about it, right? I mean, save me from myself, but it's hard to get back into the habit of it. And I loved your suggestion of set a timer or put it in a calendar so that it is like a real meeting. I think it's so easy with our spouse or our partner to be like, oh, yeah, we'll get to it sometime. But then when do you circle back? What's the strategy? Who's in charge of circling back? And it becomes harder than it sounds.

Dr. Tracy Dagleish: There's almost this acceptance piece, the acceptance that all humans will get derailed from their healthy habits. So, let's not internalize this and shame ourselves or our partners about getting derailed. It's not because it doesn't matter to them. It's not because they don't care. It's not because both of you are lazy or you can't function. It's simply just what humans do. And we get derailed into coping with what is in front of us. Going on autopilot, which is where our nervous systems get dysregulated, and we're just trying to find that moment of calm, like scrolling your phone and numbing out after you just get the kids to bed. And you're like, whoa, what was that? Right. There's no shame in getting derailed. Life derails us. And then also our pleasure centers, too. Right? It's like, oh, yes, the series I was just watching recently, *The Summer I Turned Pretty*. Did you watch that?

Mallory: Yeah, I watched that. I've watched it. I finished it. Yup!

Dr. Tracy Dagleish: It was one of those things of. I didn't want to do the things that I knew I was supposed to be doing because I wanted to be taken away in this love story being brought to the teenage romance years of, we millennials are really good at knowing the original for. But all that to say it's so human to get derailed. So, let's just first acknowledge a very human thing happened and now how do we then get back on track? And is there even a cue for you? And so, Katie, you're saying, like, if we didn't do the Monday meeting, we have it at some other time. So is the derailment about you have a frazzled morning and you're both like, oh, what are we putting in the kids' lunches? Right. Like, is that the sign for you? Is it the increased tension when you both get home from the end of the day and you're short with each other? Is that the sign? Right. Look for something that's going to tell you, oh, we've gotten off track here. And then how do we get back on track? And I think there a lot of this is around communication as well. It's not what you communicate specifically, it's how. And the how piece is around being a team. We don't go to our partners and say, you did it again. You didn't show up, you didn't book the doctor's appointment. How many times do I have to tell you? This is classic criticism. You're attacking the person. And as soon as you attack someone,

their natural defensiveness shows up. And that's that first cycle I talked about at the beginning with you both. So that's not going to move you forward. But when you come in with two things, I'm thinking of two things in mind. First, recognizing your strengths. Because I know a lot of women especially come into my office and say, I'm carrying it all and I have to do it all. And I understand that. And we can recognize everybody brings their strengths into the relationship. So, let's hold that in mind. Play to your strengths. And then the second piece though is using the 'we' language. We're derailed. We've been snippy at each other. We need to get back on track. Do you have any ideas of how we can do it? Or let's go back to how we've been doing it before.

Katie: I love that. And it's just such a different way to present it. You know, the same message being there, but just those small changes. It is interesting, Mal, you pointed this out, but it's very parallel to parenting, too. Just the difference between like I told you a million times to pick up your laundry versus okay, what's happening with the laundry? How can I help? What do we need here? So, it is those, those shifts are really, they feel small, but they make a huge impact.

Dr. Tracy Dalglish: I love that you said that, Katie, because I think the other piece in here is around empathy in our partnership. And I know for parents it's so easy to look at your small child and to have empathy for that one that's struggling. And I know sometimes as they get bigger, you start to have higher expectations of them, so I appreciate that in the middle years. But also, we then look at our partner and we expect more. And I think this is especially true for the neuronormative brains. We expect something of our partner. We expect them to live in this world in the same way that we do, and we lose instead the empathy for them. The empathy that oftentimes the world is not structured for them. They're being forced to work this 9 to 5 when they might actually do better at an 11 to 7 type structure. And when we can hold that empathy and curiosity to our partner, we will be more likely to come in together and find solutions. But we have to not lose that piece.

Katie: Absolutely. That is so important and such an important mindset shift. And I love the things you're saying about connection and creating a system. And I'm curious if you have any suggestions, I'm thinking of my own family and so many friends that I talk with and people in our community where it's like we're so focused on doing the thing, right. We have the schedules and school and all of our jobs, all these things to focus on, paying a mortgage and

that partnership, you know, in some ways the fun kind of suffers, it kind of goes away. And I'm curious what suggestions you have for couples who are trying to maybe recreate that spark or that fun? You know, yes, we're parenting, yes, that's a high demand world that we're living in, but any thoughts on how we can, you know, not miss out on the fun parts?

Dr. Tracy Dalglish: I love that you have brought this forward because play is one of the most important things that we need and our partnerships. And for people listening, ask yourself, when was the last time you played with your partner? We don't tend to use that word when we think about our romantic partnerships. But that play is that sense of I'm going to be silly with you, I'm going to laugh with you. We're going to put on our favorite playlist from the 90s and dance around the kitchen. I'm going to hide on you and then surprise you. You think of, I had this one couple that I worked with and they had a chessboard and so every time someone would enter the room they'd make a move and that was the way that they kept connected or they got out the Nerf shooters and then would hide around the corner and get each other. Right. It's just these ways of how do we play together. Or if you think about paint or just this idea of going for a walk and holding hands because you're connecting physically, but you are side of the day-to-day stressors and you're actually being forced to be present. You don't have to talk about the to do list, but you can look at the trees, look at the houses, talk about dreams and wishes and those are the things that are so important for coming together.

Mallory: And I feel like they're so important. Those are the first things to go, right. When life feels stressful, when you're parenting a child with ADHD, when you're getting constant calls from the school to come pick your kid up. Or there's another problem when you're managing all the therapies, like that's the first thing to go. It's the easiest thing to cross off the list. It feels like the easiest thing to cross off the list. But obviously there's a lot that suffers when we lose that fun, when we lose that connection.

Katie: Yeah. I also think there's something to be said for taking you out of, like you said, the normal routine, like going on a walk and holding hands. We take our kids swimming all the time and now we have a puppy and the puppy wants to swim. So, swimming has gone from like a really fun thing to kind of a little bit of a stressor. And then we have, you know, the dog needs a bath after she gets out of the water. And anyway, my husband and I, the other night, out of the blue, he said, do you want to go swimming? And I was like, right now it's dark

outside? But we got our pool light and it was so fun to swim in this other context. And we were able to be so silly and we got in our floaties and we were, you know, it was just so different than the normal what's become our swimming experience. And so, I totally agree with you. And especially for ADHD brains, right. We need that novelty and that creativity and then it's like it fills your bucket so much for the next thing and the next hard thing. And so, I think that is hugely, hugely important. And I love that you said the word play, it sounds silly, but it's amazing. And it's a huge key.

Dr. Tracy Dalglish: Play is a huge factor for pleasure as well and for intimacy. So, we often get stuck in these pieces around tonight? Yes/No? Are we going to? Are we not? It becomes dysfunctional. Well, it's been a week, we should. Because you're so busy and because intimacy in general is important to you. But it's tricky though, because if we don't have that play, it doesn't lead into the openness, the exploration, the curiosity that's required for intimacy. And I know Emily Nagoski talks about this in her book *Come Together*, you have to find that entryway that leads you to the yes for pleasure. And a lot of that is play. And I know you'll both connect to this working with children, but when children feel safe and secure, they're able to play. And I think that's true for parents, for couples. When you feel secure together, then you get playful, then you can be curious, then you can laugh and be silly. And Katie, I love that pool example. And I often remind couples, when you say yes, and it means you're going to be up for another 30 or 60 minutes later that night, remember that your bucket will be filled in such a different way that, while you didn't get the eight and a half hours of sleep you should be getting, it's okay. That one night allows you to feel something else in it.

Katie: Yep, absolutely. It's kind of a trade off, but it's like, yeah, absolutely, knowing, hey, it's going to be worth it. And it's so important for our relationships.

Mallory: There's probably some people who are listening to this who feel like they're just stuck deep in the frustration and the resentment and the conflict with our partner. What first steps do you recommend to start kind of building back that connection and teamwork when empathy feels hard, when play feels so far off, like, what are these first steps that these couples can do to kind of take back that connection?

Dr. Tracy Dalglish: Yeah, I often think of this as like building the foundation to your house. And we want to repair any of those cracks, build closeness and connection. And I know that

can almost feel hard because what we do often with our brains, the logical part of our brain comes in and says, but I want to solve this thing, I want to talk about it, I want to work through it, and I want to have the system in place and I want to see the real change. I challenge people instead to come into our bodies, into our nervous system, and to create connection through our bodies. Which means going for that walk or putting your body side-by-side on the couch. I had this one couple that had been sitting in separate chairs for years once they had a child. And it was also because they moved into a larger space. They left the apartment with the little love seat where they would watch the TV together because they're sitting and snuggled on this love seat. And then they just put their bodies together and that was the activity that they started practicing just as a way to create that connection in closeness. And it's not going to solve the big problems, but when you can look at the other person and say, I remember why I said yes, that in itself can help you step out of that cycle. And if you find yourself escalating into that negative cycle, one of the most powerful things you can do is to pause and step out of it. And you can name it in any way you want. It's not the oh, there you go again. It's the oh, we're getting stuck, we're in a cycle, we're not getting any further. Let's just press pause. We can't problem solve when we're in this space, so let's step out of this and we can come back to it. And this is where I know a lot of women will say, gosh, I'm the only one doing this work and it's exhausting and that's why I feel resentful. And I encourage people to slow down and ask themselves what's really important to you? Because when you tune into what's important to you and you act from that place, it doesn't feel so heavy like you're trying to change somebody else, but instead you're doing what's important to you. And it might even mean that if you are feeling resentful in your relationship right now, what's the need that you're missing? Resentment is often because you have unmet needs. And it's often because we give up ourselves in service for the family and for the kids and for all the other things except for ourselves. So, I say to people, come back to what is it that you need right now? And could you do a little bit more of that? Sometimes the task is saying to couples, okay, Tuesday night, partner A goes out, Wednesday night partner B goes out. Your kids are old enough now, you can go out for an hour, you can go out for two hours. Don't do anything for the kids, don't go do groceries and then down the aisle with the clothing because you know size 6T is the next one, right? Don't do that. But go to the library, go to the bookshop, go for the walk, the yoga, the connect with a friend, something that's going to feed yourself. Because when you pour into yourself, you do have more bandwidth to be in your relationship and to handle all of that conflict that you're trying to navigate, which we know couples deal with a lot.

Katie: I love that. And I think that is just so hard to do, at least for my personality, because I'm always thinking of how can I make it more efficient, right. So, if I have two hours, what could I get done? I could go to the grocery store. If I did pickup for the grocery store, I could that and another thing done, right. And it's really hard to let go of that idea and just sort of be present. But that's so much of this is getting in touch with yourself and your own feelings and then being able to be present with your partner. It's a lot and I will say I am such a work in progress on this topic, but I love that. And just, yeah, taking time. Taking time to physically connect is a huge piece of it, so I love this. And I know that you just released a book and I would love if you could share a little bit about that with our audience and tell us your heart in writing the book and who it's for.

Dr. Tracy Dagleish: Absolutely. My new book is called *You, Your Husband and His Mother*.

Katie: I love it!

Dr. Tracy Dagleish: Thank you. The book is really this resource that came, out of so many years of clinical work with couples, as well as my online community coming to me saying, we don't know what to do with my mother-in-law. And some people will say, well, what about him and his mother-in-law? And I'll say, yes, the strategies in this book are going to work to help you with any extended family member. So, I've created my five-step vault method and I walk you through how to get on the same page with your partner, how to strengthen your values and align together, but then also really how to set boundaries and to take action with that extended family member. But the thing I always say to people is clinically what I see in front of me in my therapy room after my decades of work with people, and then also through the research is that we see more conflict happening between the daughter-in-law and mother-in-law dynamic. And I go into it in more detail in the book, but we also, you know, from a high-level we can say it's really hard when another woman comes into your son's life and there could be insecurities and tensions that show up. And there are a lot of patterns and not always healthy ones that show up that then impact how that relationship feels. So, the goal is to support couples in building a strong, united team. And not so that they have to get to this place of estrangement with a family member, but instead so they can feel aligned and more connected, because we know that in laws is one of the top issues for couples and one of the top reasons why couples end up divorced.

Katie: Yeah, that's so hard. And I know Mallory and I both have boys, so we're sort of like, hey, we're gonna be the mother-in-law at some point here. And so, it's interesting, you know, being having had a mother-in-law and then being like, oh, I have my own kids that are getting older and I think it's something that so many people will benefit from and understanding more about those strategies. And even if you have a good relationship, being proactive to maintain that and help it to, you know, be in a healthy place. And I love it, that's going to be so great. So, this entire conversation has been so helpful. If we, if you had like three or four more hours, we could just keep going because we have a lot to talk about and we are so grateful for your expertise. I am certain that there's going to be people listening who really would love to learn more from you. So, what's the best way for them to connect with you and continue to grow?

Dr. Tracy Dalglish: Yeah, absolutely. And thank you both Katie and Mallory for having me here. So, for those listening, come say hello to me over on social. My handle is @drtracyd on all social platforms. And I love hearing from people in terms of what was one thing that stood out for you today, so come over and connect with me there. And I have lots of free resources available for people to check out.

Mallory: I love that. Thank you so much, Dr. Tracy. We really appreciate your time. We know that our listeners are going to love it. Thank you so much.

Dr. Tracy Dalglish: Thank you.

Katie: Thanks for listening to Shining with ADHD by your hosts, Lori, Katie, and Mallory of The Childhood Collective.

Mallory: If you enjoyed this episode, please leave us a review and hit subscribe so you can be the first to know when a new episode airs.

Lori: If you are looking for links and resources mentioned in this episode, you can always find those in the show notes. See you next time!