

# Printable Family Conversation Guide

## *Starting the Conversation Without Blame*

### **Purpose**

This guide is meant to help families begin talking about ADHD (or possible ADHD) in a way that builds understanding instead of defensiveness. This is not a problem-solving meeting. It is a listening meeting.

### **Before You Start**

- 1 Choose a low-stress time.
- 2 Keep the conversation short (15–30 minutes).
- 3 State the goal clearly: understanding, not blame.

### **Conversation Ground Rules**

- 1 No interrupting.
- 2 No correcting feelings.
- 3 No problem-solving until everyone speaks.
- 4 Fidgeting, silence, and emotion are allowed.

### **Questions for Each Family Member**

- 1 What feels hardest for you right now?
- 2 What helps you feel calmer or more supported?
- 3 What makes things harder, even unintentionally?
- 4 One small change we could try this week.

# For Extended Family Members Who Don't Get It

*A short, clear checklist*

## **What Helps**

- 1 Believe lived experience.
- 2 Ask questions instead of giving advice.
- 3 Respect routines and accommodations.

## **What Hurts**

- 1 Dismissive comments like 'everyone is a little ADHD.'
- 2 Comparisons or minimizing struggles.
- 3 Punishing behavior instead of supporting regulation.

## **If You're Not Sure What to Say**

- 1 Help me understand.
- 2 What works best for you?
- 3 I'm still learning.

Families don't fall apart because of ADHD. They struggle when ADHD goes unrecognized and unsupported. Understanding changes everything.