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Dawn Keller
Executive Director

info@multiplesofamerica.org

www.multiplesofamerica.org

Identity Issues, Conflicts & Intimacy in Adult Twin Relationship

The twin relationship continues through all ages and stages, even as the multiples grow into adulthood. This Zoom Connect, led by Dr. Joan A. Friedman, explores how adult twin attachments can be developmentally challenging for some twin pairs and their families. The expectation of lifelong closeness, equality, and fairness can be understandingly impacted by changes in romantic partners, identity concerns, and independent decision making.

Dr. Friedman shares stories of some of the expectable developmental problems twins might experience around the topics of:

- Outing Your Feelings
- Twin Assumptions
- Separation Blues
- When Twins Seek a Replacement Twin

“Most twins do not have problems, but I feel that it’s so helpful to hear what certain problems are that some twin pairs do experience in order for us to have more of an expansive viewpoint of what it’s like to be a twin,” Dr. Friedman explains.

Dr. Joan A. Friedman, a gifted psychotherapist, identical twin, and parent of fraternal twin sons, leads the Connect. She is the author of *Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children*, *The Same But Different: How Twins Can Live, Love, and Learn to Be Individuals* and *Beyond the Bond, a developmental compilation of twin psychology*.

This zoom forum was held February 11, 2026.
The presentation begins at 15:12 into the recording.
Click on the link below to listen in.

https://us02web.zoom.us/rec/share/rlwWqpcKi6f7uv2IOXh0hoxNzHTfh9rwjM_ZBOg1jiG5tImi137nVSJDys4EiO3Q.qcXOx9gNLG33nzCN?startTime=1770859233000

Passcode: 8PX+K2xg

Enjoy!

Email us at info@multiplesofamerica.org with questions or comments.
Look on our homepage to register for an upcoming Zoom Connect.

Executive Office: 2000 Mallory Lane, Suite 290. #1312, Franklin, TN 37067-8231
E-Mail: info@multiplesofamerica.org **Web Site:** www.multiplesofamerica.org

CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES

(Also known as the National Organization of Mothers of Twins Clubs)