

# HOW TO NOT HATE YOUR PARTNER DURING COVID 19

**TAKE THE 5 LOVE LANGUAGES QUIZ.** Do at least one thing every day for your partner using one or more of their top three Love Languages.

**DATE NIGHT IN.** Schedule an at-home date night at least once a week. Now more than ever, we need romance to help us cope with the added stress that a quarantine puts on a couple.

**CATCH YOUR PARTNER BEING KIND TO YOU.** Create a gratitude or appreciations list that you share during a weekly check-in. Keep it on your phone during the week so you are priming your mind to notice the positive. Of course, sharing a few examples more than once a week is even better!

**RANDOM ACTS OF KINDNESS.** Surprise your partner with a random act of kindness. This helps to build the emotional bank account for your partnership, and also gives you something fun to focus on during these unprecedented times.

**DAILY DOWNLOAD.** This is a stressful time for everyone. Make time to do a daily download for 20 minutes to discuss how you are doing amid the barrage of stressors related to the Coronavirus. Taking care of our mental well-being on a daily basis prevents big feelings from being bottled up and exploding later when your partner leaves their socks on the floor.

**FIGHT FAIR.** Set a timer, and once it goes off agree to end an argument until a future agreed upon time. Set a boundary, and don't allow yourselves to argue past a certain time, we are all more dysregulated when fighting at night after a long day. Don't use universal statements such as, "you always do this....," and, "you never do this...!" Take a break if you need one, and be sure to communicate the break and when you will re-engage so your partner does not feel abandoned.

**VENT TO A SAFE FRIEND.** If your partner is driving you bananas, vent to a safe person that you and your partner have both agreed are a supportive force in your relationship. Sometimes our partners don't really need to hear how they left the cupboards open, or didn't load the dishwasher correctly.

**REGULAR SELF-CARE.** If you put on your oxygen mask first, you can bring the best of you and not what's left of you to your partnership. When you are recharged, you are able to access healthy coping skills to manage relational conflicts.

