

Are you baby Yoda? Because Yoda one for me!



ROMANTIC RELATIONSHIPS DURING COVID-19

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ROMANTIC RELATIONSHIPS AS A VEHICLE
FOR GROWTH

RELATIONAL SELF-AWARENESS



Curious and compassionate stance
where we observe and explore our
relationship to relationships



Choosing to witness and
accompany in suffering without
destroying ourselves



Taste the suffering, don't swallow



While exploring on all levels, studies show that emerging adults place value on romantic relationships and relational goals



Relational goals are more strongly tied to wellbeing than other goals such as with friendships, education, or financial independence

DEVELOPMENTAL
STAGE FOR 18 TO 30-
YEAR-OLD
INDIVIDUALS

SOME COMMON CIRCUMSTANCES

**COVID
DATING**

The single life

**COVID
LDRS**

Suddenly you find yourself in an
unplanned long-distance
relationship (LDR)

**COVID
FT2G**

Suddenly you are full time
together

YOU ARE NOT IN A
ROMANTIC
RELATIONSHIP BUT
WOULD LIKE TO BE
AND DON'T KNOW
HOW TO DATE
WHILE SELF-
ISOLATING

**AS IF DATING IN 2020
WASN'T HARD ENOUGH**

DATING IN
2020 IS
ALMOST
MYSTICAL

Ghosting

Haunting
Vulturing

Peacocking
Orbiting
Freckeling

Benching

Breadcrumming

Zombing

Slow fade

Microcheating

Churning

Tracking

Kittenfishing

Lack of privacy and
heightened with
technology

BDE

Stashing

Roaching

Cushioning

Catfishing

Cuffing Season

Full/Half/Several-Night Stands

Love Bombing

Situationship

COVID-19

COMMON
DIFFICULTIES WITH
COVID DATING

Making new
connections

Feelings of
isolation and
loneliness

STRATEGIES FOR COVID DATING MAKING NEW CONNECTIONS

- Self-Healing: Deepening relational self-awareness, identifying needs, expectations, and desires
- Use the time to experience online dating
- Participate in online events
- Initiate conversations with individuals on social media
- Ask friends to set you up for online blind dates
- Explore deeper with potential candidates before meeting them in-person
- Educate yourself on healthy relationships and themes that interest you by listening to webinars, podcasts, and reading research or self-help books
- Watch: [Alexandra Solomon: Relational Self-Awareness](#)

STRATEGIES FOR COVID DATING FEELINGS OF LONELINESS

- Connect with friends, family, or mentors by having phone or video calls, participating in online events together, or even writing letters
- Embrace the perspective of labelling, accepting, experiencing, and regulating your emotions
- Loneliness can be one of the most difficult emotions, in addition to grief, and anger. The COVID pandemic situation can impact us in all three areas
- Validate your emotions by normalizing internally and discussing with others
- Reframe alone time as an opportunity for you to introspect, grow, and accomplish things you often set aside
- Engage in more self care—see the Zen Den for more information of self-care
- Watch: [The impact of loneliness](#)

YOU LIVE CLOSE TO
YOUR SIGNIFICANT
OTHER BUT ARE NOW
IN A LONG-DISTANCE
RELATIONSHIP DUE TO
SOCIAL DISTANCING
AND SELF-ISOLATING

COMMON
DIFFICULTIES
WITH COVID LDRS

Distance is not
making the heart
grow fonder

Feeling
disconnected
from your
significant other

STRATEGIES FOR COVID LDRS AMBIVALENCE REGARDING THE RELATIONSHIP

- Use the time to collect observational data on how you feel in the relationship
- Ask: Where is doubt coming from? When did it start? What is contributing to your experience of doubt? Are you in a healthy relationship or are you in an unhealthy partnership?
- **Values, Needs, and Vision Exercise:** On a piece of paper:
 - Identify your most important values. Consider how your relationship supports or does not support each value.
 - Identify your most important needs in a relationship. How are your needs met? Which needs are not met and why?
 - What is your vision for this relationship? Do your visions align?
 - Share some of your concerns with your partner or with a loved one whom you trust. It is possible they can help you better understand your experience.
- Watch: [Brene Brown: The Anatomy of Trust](#)

STRATEGIES FOR COVID LDRS CONNECTING WITH YOUR PARTNER

- Process with your partner: What it is like for both of you to be separated during this time?
- Manage your expectations: Identify what those expectations are and how they may impact one another
- Identify ways that you can both experience connection to one another: You will have to adapt how you communicate, how you share your lives together, and how you nurture your relationship
- Explore new ways to build intimacy together: This could involve doing activities at the same time via an online platform or even texting one another so that you can be on the same timeline. Creating small opportunities to nurture your bond.
- Identify one another's love language and tailor it to a long-distance relationship.
- Quiz: [What's your love language?](#)

YOU LIVE WITH YOUR
PARTNER AND NOW
YOU ARE SPENDING
EVERY SINGLE MOMENT
TOGETHER, WHILE ALSO
MANAGING YOUR OWN
REACTIONS

COMMON
DIFFICULTIES WITH
COVID WFHWP

Intense
intimacy and
time

Communication
and boundary
setting

STRATEGIES FOR COVID WFHWP INTIMACY AND TIME

- Know that it can be difficult to be deeply intimate with another person. Being in a romantic relationship takes a lot of courage.
- Process with your partner: What it is like for both of you to be self-isolating together?
- Manage your expectations in the context of COVID and being together: Identify what those expectations are and how they may impact one another.
- Practice mindfulness and self-compassion: Research shows that mindfulness can help partners attune to each other's needs and partners perceive self-compassionate others as more warm and approachable
- Identify ways that you can both experience connection to one another and alone time.
- Explore new ways to build intimacy together: Get to know each other and potentially become more vulnerable with each other
- Watch: [Brene Brown: The Power of Vulnerability](#)
- Listen: [Juliet Allen: The Authentic Sex Podcast](#)

STRATEGIES FOR COVID WFHWP COMMUNICATION AND BOUNDARIES

- Identify what are your barriers to communication and reflect on them
- Notice if you are feeling more fragile/impatient/stressed. Notice what activates your defenses, what they are, and how you and your partner can overcome them together
- Build communication, trust, and vulnerability together: Solidify your foundation for your future. Take relational risks by opening-up about what you need to continue building together.
- Identify a structure to ensure that you can both get your daily tasks completed and so that you can manage having couples time vs. alone time.
- Practice non-violent communication to resolve conflicts. The way that you manage conflict together may change during this time, as your regular coping mechanisms may not be as readily available. Find new ways of coping either together or separately. Ensure that you discuss this coping so that you can have conflict on the same time rather than against one another.
- Instagram account for boundaries: [@The.Holistic.Psychologist](#)
- Learn: [Non-violent communication](#)

RESOURCES



The Anatomy of Trust Video

<https://brenebrown.com/videos/anatomy-trust-video/>



The Power of Vulnerability

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en



Five Languages of Love

Quiz and Resources

<https://www.5lovelanguages.com/>



Self-Compassion

<https://self-compassion.org/>



Dr. Alexandra Solomon Ted Talk on Relational Self Awareness

Ready to Launch Podcast episode Feb 3.
<https://www.youtube.com/watch?v=mrfMyciI5ME>



Non-Violent Communication

<https://nonviolentcommunication.com/>

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