



Love Cycles presents

Love Skills

A Virtual Class for Couples with Linda Carroll

Remember, this information is meant for people who are not dealing with the more serious issues of personal safety, untreated mental health issues or addictions of any kind with yourself or your partner. For those problems please call your local caregivers, health providers or 911 to get immediate help.

13 Tips to Help Couples Survive and Even Thrive, During the Pandemic

1. Pay attention to what's working
2. Give each other space to be different (and not wrong) if you have opposite ways of managing the news input.
3. Create a schedule.
4. Make time for hanging out, learning new things together, or (if you don't mind the word) playing.
5. Replace judgement with curiosity.
6. Let them feel bad – or okay – about the current crisis.
7. Make an appointment for your fights.
8. Set the time aside for "the difficult" conversation.
9. Respect the new invisible boundaries and learn to be apart, together.
10. Enjoy the strength of your sexual relationship, and or find compassion for one another over the lack of it.
11. Self-nurture and remember it looks different for different people.
12. Practice gratitude.
13. Take advice from a POW camp.