

COUPLES IN LOCKDOWN

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In this time of quarantine, we acknowledge the challenges that couples who live together could encounter. It is understandable how the forced constant togetherness could be a big adjustment. As differences start to manifest, you may find your relationship tested. For couples who experience this, “the struggle is real.”

Here are tips to make your lockdown experience together more comfortable, peaceful, loving, and worthwhile.

1. SET A ME-TIME AND STICK TO IT

Negotiate a time with your partner when you could be unbothered by anything or anyone in the household, including your kids. During this time, you could engage in activities that you find relaxing or de-stressing. And when it's your partner's turn, be ready to hold the fort for the family.

2. GIVE YOUR PARTNER SPACE

This refers to physical space, mental, and psychological space. Work out and establish boundaries that are acceptable for both of you, like having separate workstations, not barging in during work hours, or avoiding forcing a conversation when not ready.

3. DIVIDE AND CONQUER

We can't avoid household chores and it could cause additional stress if no one takes responsibility over these tasks, or if it ends up on the lap of just one person. Consider everyone's work load and schedules, strengths, and preferences, and delegate accordingly. Share your load with each other.

4. APPROACH DIFFERENCES WITH CURIOSITY

Your differences tend to be highlighted in close quarters. These could be as simple as the way your partner fold clothes or cook adobo, or as substantial as the way they deal with this pandemic. Instead of making judgments, look at these differences with loving interest and curiosity.





5. BE MORE TOLERANT OF LAPSES.

It takes a lot, but you have to extend your patience at this time and be more understanding. Avoid criticizing and pointing fingers, and instead emphasize what your partner is doing right.

6. EXPRESS UNDERSTANDING AND APPRECIATION

Let your partner know that their feelings and opinions are being heard and their efforts acknowledged. You may show your affirmation and appreciation through actions (e.g., cooking their favorite meal, giving a back rub), but it won't hurt to be explicit and include words of gratitude and validation.

7. SCHEDULE YOUR FIGHTS

Despite efforts to avoid it, it is inevitable for misunderstandings to ensue. In general, it is always best to step back and let the heat of the moment pass before engaging in a discussion, or else it could quickly turn into an argument. Eventually, when everything's cool, both of you could arrive faster and more level-headedly at a resolution. Set the time, day, and location where you could sit down and have this discussion.

8. ENGAGE IN ACTIVITIES YOU BOTH ENJOY

Engage in activities you both enjoy. This is the time for you to (re)discover shared interests. Find time in a week to do activities that you both like.

9. SET ASIDE TIME FOR INTIMACY

Set aside time for intimacy. It could be difficult to be in the mood because of all the worries, stresses, and responsibilities. However, this may also be an opportunity to get to know what your partner wants and to explore new things together! This could not only strengthen your bond, but can also help you feel a bit more relaxed. ;)

10. BE KIND

Remember that you are on the same team, working towards the same goal and fighting the same fears. Talk to each other with an open heart and an open mind, express your self with respect and kindness, and you could both come out of this better, and stronger than ever.