

# CONNECTING QUESTIONS FOR **COUPLES** DURING COVID-19

These can be helpful questions to connect with your partner during the current times. Take your time with your partner when using these questions, they don't have to be answered all at once. Make an effort each day to stay connected and ask these questions over a period of time if that works best for you both. **Remember, there are no right answers, only a right way to talk about things!**

- 1) How are you coping with the stress? What are your biggest fears during this time?
- 2) What do you need from your partner during this time? This may look different for everyone. Think of how your partner can help you and express to one another. For example, I need you to tell me everything will be okay. I need you to be close to me more than usual to help me cope.
- 3) What do you tend to do in times of stress or trauma? Fight, flight or freeze? Discuss this with your partner and how this may look for you. For example, I tend to become irritable and push people away (fight) when I am stressed. It isn't that I don't need you, I have just learned to try and fight to be heard from my past.
- 4) Discuss with your partner your sexual needs during this time. Take turns on why this is important to you and have a healthy conversation about sexual why how this makes you feel safe.
- 5) Discuss with your partner what space looks like for you and what closeness looks like as well. For example, I love to be close to you and cuddle, but I also need downtime to myself. Come up with a word or a pre-planned way of saying this is the time I need to be alone, it doesn't mean I don't love you or want to be close, I just need to honor my alone time.