

# The COVID-19 Relationship Survival Kit

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## The COVID-19 Relationship Survival APP

### **A – Appreciation**

- Acknowledge the little things ... Express a 3-sentence appreciation

### **P – Physical Contact**

- Make gestures of physical touch... A quiet 1-minute hug

### **P – Platinum Behavior**

- Be of service with behaviors *“that others would have done unto them*

## The Olive Branch\*

\* Adapted from The Repair Dialogue by Duane Harvey, MFT

After conflict... take time-out to calm... then return and offer this “olive branch”

*I'd like to offer you an olive branch, is now a good time?*

- ***My contribution to the conflict was...***
- ***What I did to make it worse was...***
- ***What I could have done differently was...***
- ***What I will do differently next time is...***

*Thank you for listening.*

Switch Roles.... End with a hug

## The 4 Habits of All Successful Relationships\*

\* From TED Talk by Dr. Andrea & Jonathan Taylor-Cummings

### **1. BE CURIOUS, not critical**

- The source of all conflict lies in misunderstanding. Invest in understanding.

### **2. BE CAREFUL, not crushing**

- Be aware of your “fight or flight” reactivity which will derail your response.

### **3. ASK, don't assume**

- Have courageous conversations vs. project your own story on the other.

### **4. CONNECT before you correct**

- Communicate value and appreciation before “constructive feedback.”