

# 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*

## Three Steps in Dialogue\*

\* From Imago Relationship Therapy & Safe Conversations

### **1. Mirroring**

- Be curious & mirror back the message mindful of words, tone and body language
- Check for accuracy, *“Am I with you?”* & ask *“Is there more?”*

### **2. Validation**

- Seek first to understand... honor the other perspective... even if you disagree.
- Say *“You make sense & what makes sense is...”*

### **3. Empathy**

- Step into the other person’s world to connect with their feelings
- Say, *“I imagine this leaves you feeling... Is that accurate?”*

## 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