

News Story Summary

Social distancing and sheltering-in-place due to COVID-19 has impacted relationships. Financial stress, more small arguments, and not feeling lack of personal space are just a few of the issues that have been experienced. Experts however also point to these measures as opening the door for more time with each other having a positive impact on married couples. In a survey conducted by the wedding planning website The Knot, found that sixty-six percent of engaged couples and fifty-six percent of married couples said their relationship were strengthened during this time.

(For more on this story, search the Internet using the term “relationship challenges during COVID”.)

Focus Attention

To replace the Display idea under Focus Attention, poll the group as they arrive about the impact COVID-19 had on couples. Share about results of the poll conducted by The Knot. Ask: *to what factors would you point to explain the positive impact experienced by couples?* Emphasize responses that relate to making an investment in the relationship. Complete the step using the Transition idea.

Summarize and Challenge

To supplement the Reflect idea under Summarize and Challenge, recall the news story about the positive impact sheltering-in-place has had on many relationships. Remind the group of the importance of making time to invest in our relationships. Lead the group to identify insights from today’s study that they would share with others about investing in a healthy relationship. Complete the step as written.