

7 Ways to Reset Your Relationship

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As we emerge, blinking, from our pandemic seclusion, all of us have, in ways great and small, changed. So, too, have our relationships.

“During this time, couples may have been spending about as much time with each other as would normally be stretched across a two to three year period,” said Bryce Doehne, a clinical psychologist in Portland, Ore. “And they’ve had to occupy multiple roles that would have been previously filled by others, like friends, which is impossible.”

Now, as many couples plunge back into the hum of life, is a perfect opportunity for a relationship reset — to learn from our time hunkering down together and look toward the future.

Here is a seven-point plan to get started.

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