

Are We Still Monogamous? And 6 Other Questions to Ask Your Partner.

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The past two-plus years have been universally tumultuous, and couples therapists say they have been dealing with the fallout in their practices every day.

Even now, when the pandemic no longer dominates daily life, many Americans continue to work, shop and do so much online that they count on their partners to meet their social and emotional needs.

“In my office, I see the burden this trend places on primary romantic relationships,” said Laura Silverstein, a licensed clinical social worker and the author of “Love Is an Action Verb.” She co-owns a practice in Pennsylvania that has been struggling to keep up with the demand.

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