

It Might Be Time to Break Up Your Pandemic Pod

June 07, 2021

You've been vaccinated. You've joyfully ripped off your mask when outdoors. Now it's time to pop your quarantine bubble, right?

But finding a good moment to break up the pandemic pod can be tricky. Do you call a meeting? Send a group text to the "quaranteam"? Ceremoniously rip up a contract? Is it possible to ghost someone when they're practically living in your house?

It may get intense. The quarantine, said Margaret Clark, a psychology professor and director of the Clark Relationship Science Laboratory at Yale University, seemed to have served as a relationship magnifier. "If your relationships were already fraught, the quarantine made them more fraught."

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