

Close Companions: Online Relationship Academy

Course: Managing Stress Together

Lesson Four: Responding to Partner Stress

Part 2: Dos and Don'ts

Objectives for this lesson

1. Have a greater appreciation for the importance of balancing caring for your partner and caring for yourself.
2. Gain a clearer understanding of the effects of stress on your partner.
3. Gain a clearer understanding of the effects of your partner's stress on you.
4. Have a realistic awareness of the positive and negative ways you respond to your partner's stress.
5. Improve your strategies for responding in helpful ways to each other's stress.

How NOT to respond – what not to do

- Indifference
- With anxiety
- Giving advice
- Competitive

How TO respond – what to do

- Distinguish between your stress and their stress
- Recognize the effect their stress is having on you
- Manage yourself
- Show empathy
- Clarify what would be helpful and not helpful
- Make supportive commitments and follow through with supportive actions
- Check in regularly on how things are going
- Exhibiting a non-anxious presence