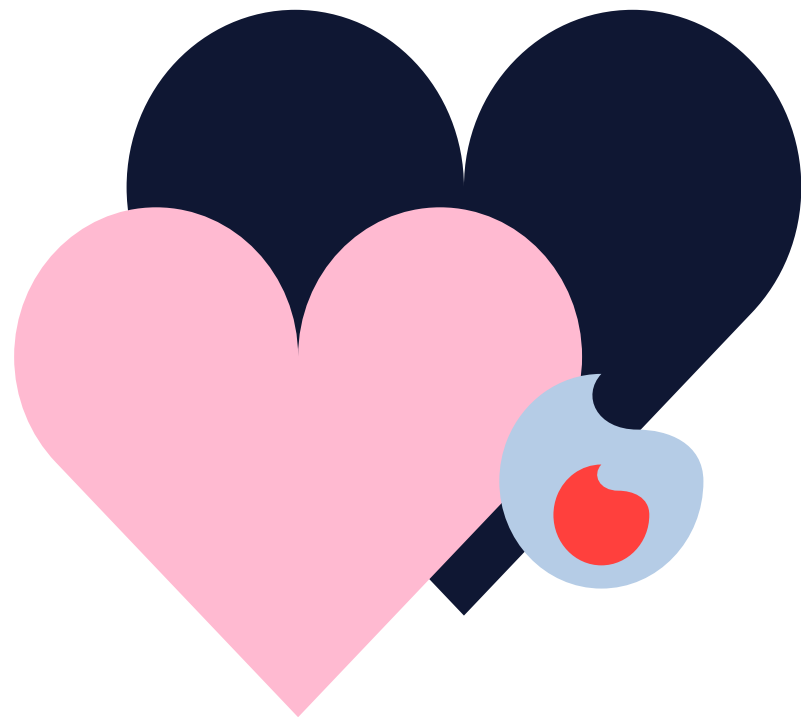


Lockdown Love Report with Mentimeter and Vienna Pharaon



Mentimeter

Introduction



Mentimeter (www.mentimeter.com) is a free-to-use, online platform that allows real-time interaction between presenters and their audiences: making meetings enjoyable, engaging, and more productive. Founded in Stockholm in 2014, and recognized by The Next Web in 2018 as the fastest-growing startup in Sweden (with over 85 million people in 160 countries having already benefited from its innovations to date), Mentimeter enables speakers at lectures, corporate events, workshops, and other formal and informal meeting types, to truly engage with their audiences by providing them with easy-to-use tools to make presentations interactive. The full data is available upon request.

The discussion of “Corona Babies” and “Covidivorces” has been prominent ever since lockdown started early march. We have now been locked in, together even if we’re apart, for almost three months and it’s time to dive into what actually has happened to our relationships during the lockdown. Have people grown apart? Or together? Have once loving partners become bickering nags? Have once dead sparks become ignited again?

Mentimeter believes in the immense power of listening, and that you need to listen in order to be heard, which in a time of crisis becomes more important than ever. With this report, we want to inspire people to listen to one another. We have conducted a survey to find out how couples in lockdown actually are doing, and asked them to speak up, in an attempt to give them a voice. We want to hear about the good, about the bad, about the experiences they’ve had and the lessons they’ve learned. We also teamed up with an expert, relationship coach and marriage and family counselor Vienna Pharaon, and let her have a look at the questions and concerns that couples are facing.

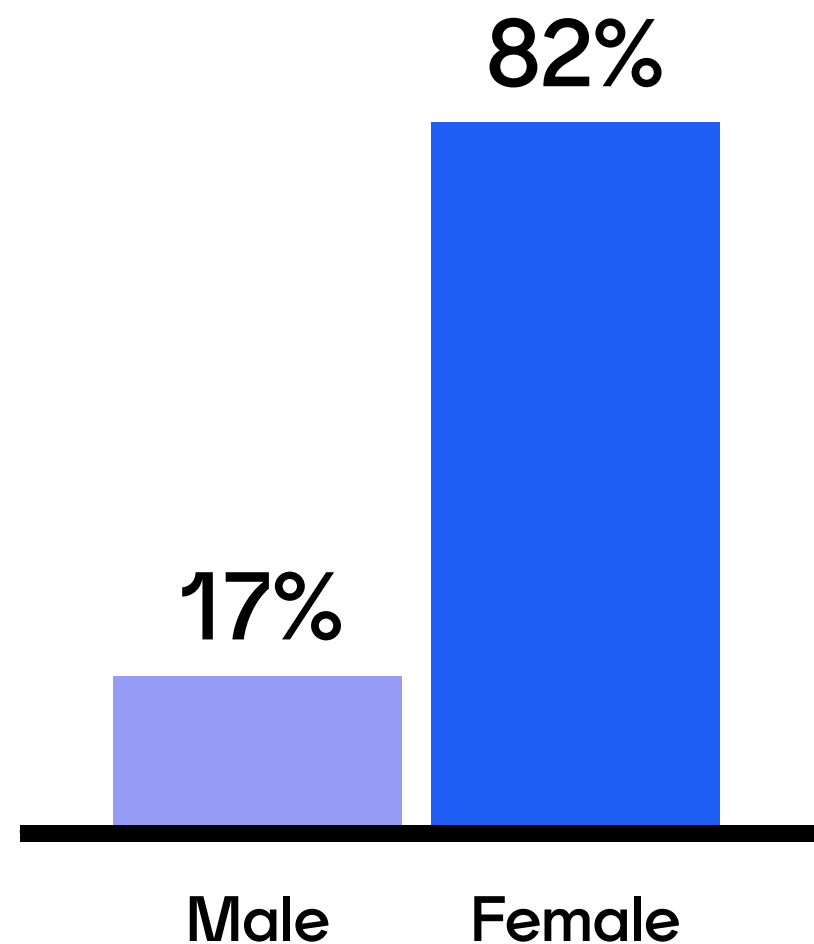
In this report you’ll find a heap of data regarding love during lockdown, as well as Vienna Pharaon’s concrete advice on how to successfully navigate through, as well as after, lockdown. Vienna shares her thoughts on what learnings we should take with us when lockdown is over, and how we can rebuild what might have broken along the way.

Wishing you a pleasant and interesting read,

Johnny, Mentimeter

Method

A total of 1651 individuals took part in the survey. Out of the 1651, 82% are women and 17% are men. Therefore, our findings are more applicable to the female point of view. Anyone could join the survey. However, the morepart of the participants are between 18 and 49 (90%).



Vienna Pharaon

Vienna Pharaon is one of the most sought after therapists in New York City. She has a way of leading people back home, connecting deeply to their needs, and helping people connect to their voice in order to create the change they wish to see in themselves and their relationships. Vienna received her Master of Science in Marriage & Family Therapy from Northwestern University, and has worked with thousands of couples. She blends the art and science of the work beautifully and helps couples find their path forward.

Follow her on Instagram and find out more about Vienna here:

www.newyorkcouplescounseling.com

Why are romantic relationships hard?

We find our romantic relationships to be the most difficult to deal with, whether we live with our partner or not...

We started by asking people what relationships they found to be the hardest to deal with. At the top of the list, we find romantic relationships - especially if we live with our romantic partner and are going through lockdown together with them. Romantic relationships with someone we don't live with, however, is almost equally hard. When it comes to relationships of a more platonic nature, we find relationships with friends the hardest to deal with, followed by the relationships to our family and relatives, whether we live with them or not. Relationships to our roommates seem to be the easiest to deal with.

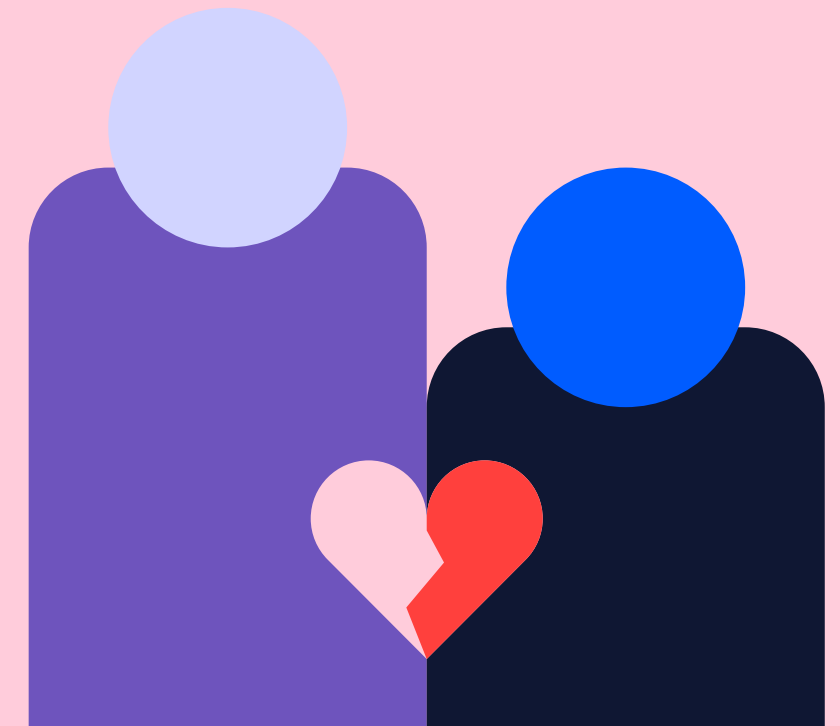
Top three Hardest relationship to deal with according to the survey:

1. Romantic relationship with my partner/-s, who I live with
2. Romantic relationship with my partner/-s, who I don't live with
3. Relationship with my friends

"We could either grow together or grow apart. It's hard to see which one is more likely to happen at this moment."

quote from a participant in the survey

Vienna Pharon

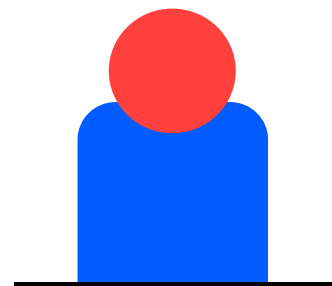


"Our romantic partnerships come with unique complexity. They are often the containers for our history and our pain to repeat or oppose itself. Without an understanding of how to integrate this, the relationship either becomes the vehicle for healing or the vehicle for chaos, and this is why they are so hard - we are not given the tools or the education around how to navigate partnership successfully. With the right tools and experience, however, we can learn how to handle them better", says Vienna.

The importance of personal space and quality time

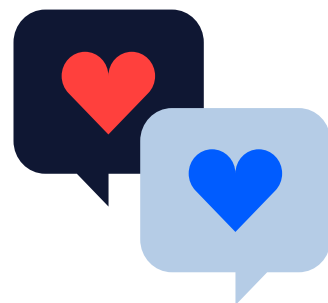
The lack of personal space seems to be the biggest issue our couples are facing...

When looking at the issues that are making our romantic relationships harder to deal with than they normally are, a lack of personal space seems to be the most common. 40% of the respondents state that they feel like they aren't getting enough alone time. At the same time, almost as many, 36%, say they aren't making enough effort for one another anymore, suggesting that couples do want to engage in one another - but in the right way.



I feel like I don't get enough personal space

40%



I feel like we aren't making an effort for each other anymore

36%

Vienna Pharon

Three ways to appreciate your partner

The Peak-end Rule

Often, we judge our days based on an average of all of the experiences and emotions we've felt during that day. Which, on a day filled with positive experiences and pleasant feelings, is great. However, it tends to make every day quite ordinary and creates a rut that disconnects you from your partner. Instead of doing this, create a ritual routine to end your day together, and share what you recognised as its peak with one another. It doesn't have to be anything over the top, but just name it. This lets you and your partner close out your day together, in a way that connects and honors you both.

Prioritize each other's autonomy

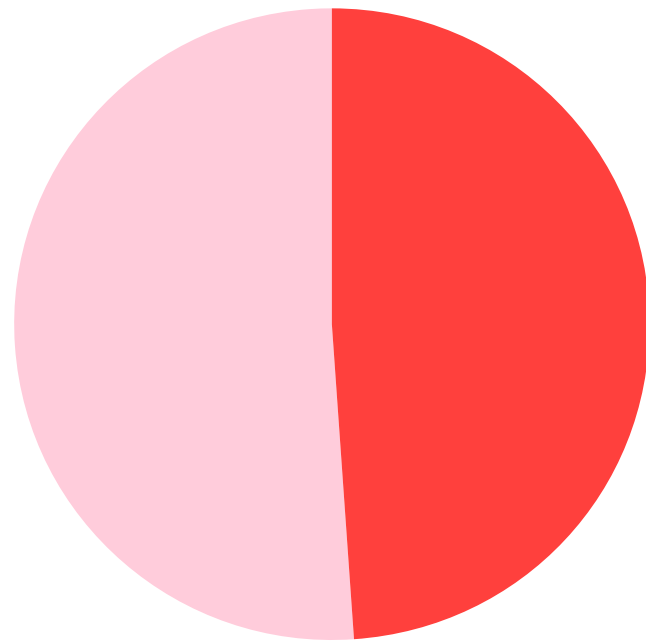
This might sound backwards when talking about how to appreciate each other, but giving a partner individual space is one of the most loving things you can do. Sometimes, we get so caught up in caring for others that we forget to take care of ourselves, and when a partner gives you the time to care for yourself, it really is a gift. Honoring each other's need for autonomy can enhance your togetherness, and the balance between the two is vital for a strong relationship. So, make sure to make a little space for yourselves each day - even as little as ten minutes is enough!

Express gratitude

We've all heard this one before, but it's tried and true and never ceases to be important. Authentically expressing gratitude and appreciation for one another is so very important. Try to notice what your partner is doing and acknowledge them for it.

...but they are thankful for the increased amount of quality time with each other

While getting frustrated with the lack of alone time, couples are happy to be spending more quality time together now than they did before they were locked down. 49% of the respondents say that the increased amount of quality time is the most positive aspect that the lockdown has had on their relationship. They are also happy to be able to comfort each other during these hard times, which 47% of the respondents state.



Positive aspects of the lockdown:
We spend more quality time together

49%

Vienna Pharon



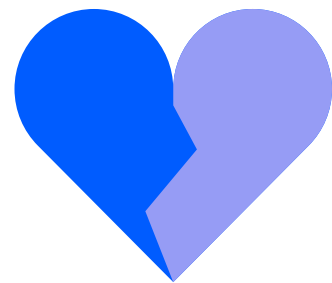
What is quality time? Like, really?

"There is so much that goes on in our days, and a lot of the time we're both busy and distracted. Whether we like it or not, the distracted state of mind is probably what we feel as quite "normal". In order to spend quality time with our partner we need to un-distract ourselves and eliminate all of the distractions. Get rid of devices, turn off the TV, and anything else that draws your attention away from one another - and be in the moment. Prioritize this every day, even if it's just for five minutes after the kids have gone to sleep. Doing so reminds each other that the relationship matters."

The end of a lockdown - and a relationship

16% of relationships might be ending

If that comfort isn't enough, however, the lockdown is making people make some life changing decisions. For 23% of the respondents, that lovely quality time that some couples are experiencing, isn't quality at all - it's just too much time. People are getting to know their partners on a deeper level, and some findings aren't that pleasant. 29% state that they have gotten to know new sides of their partner, sides which they don't appreciate. 8% of the respondents have experienced a breakup during lockdown, and an additional 10% think that it's only a matter of time before they will. Another 36% feel like the spark between them and their partner has died during lockdown.



We spend too much
time together

23%



I've gotten to know sides
that I don't appreciate in
my partner/-s

29%

"Because of the extra time spent together, I deal with so much of my partner's 'flaws/faults.'"

quote from a participant in the survey

Vienna Pharon

Three ways to reignite that spark

Relive cherished moments

Make time to do things that you actually enjoy doing together. When we're focused on the things we don't like, it's hard to remember what we do like. Be intentional about shifting your energy by bringing back and reliving your favourite moments and memories.

Try new things

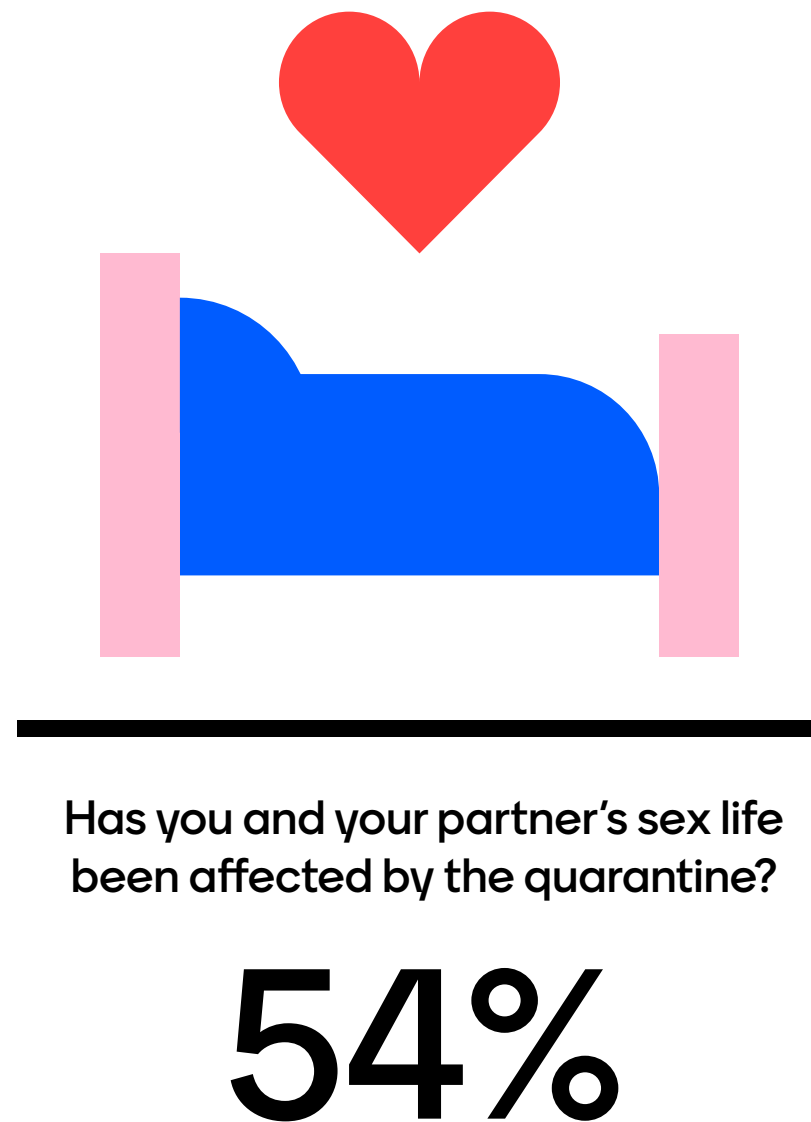
This being said, we can't always live in the past. When the lockdown shifts, use the refund freedom to try new things. Come up with date ideas that sound appealing to the both of you and create new, memorable moments together.

Write love letters

Sit down and write a letter to your partner, addressing something you love and appreciate about your him or her. Doing this requires vulnerability, but by putting your feelings into words you are reminding both your partner, as well as yourself, of your emotional connection.

For 41% the lockdown has resulted in less sex

Over half of the respondents, 54%, state that their sex lives have been affected by the lockdown. For 14%, the lockdown has meant more sex, but for the morepart the lockdown has resulted in a dry spell - 41% of the respondents say that they are having less sex since the lockdown was initiated. Luckily, only 3% say they are having worse sex and twice as many, 6%, are having better sex. Good for them!



"I just feel like I'm living with a roommate, there is no romance here."

quote from a participant in the survey

Vienna Pharon

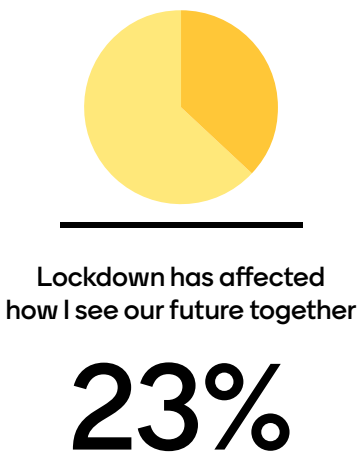
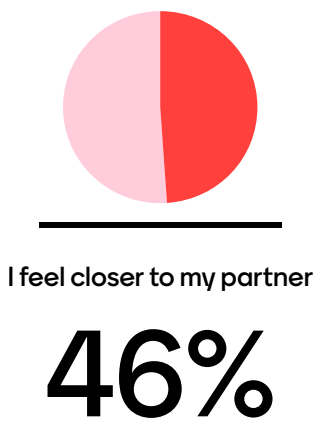


"We have to learn how to talk about sex and sexual intimacy with our partners, because it's impossible to establish a healthy and empowered sex life if you don't. Yet, so many people struggle with this. As a starting point, consider what makes talking about this so confronting? What are your concerns about bringing it up? What are your fears? What do you think your partner will do, or think, if you do? By overcoming that fear of simply talking about it, you will be able to communicate with each other and come up with the solutions to your problems - together", says Vienna.

A bright future

But it's not all gloomy...

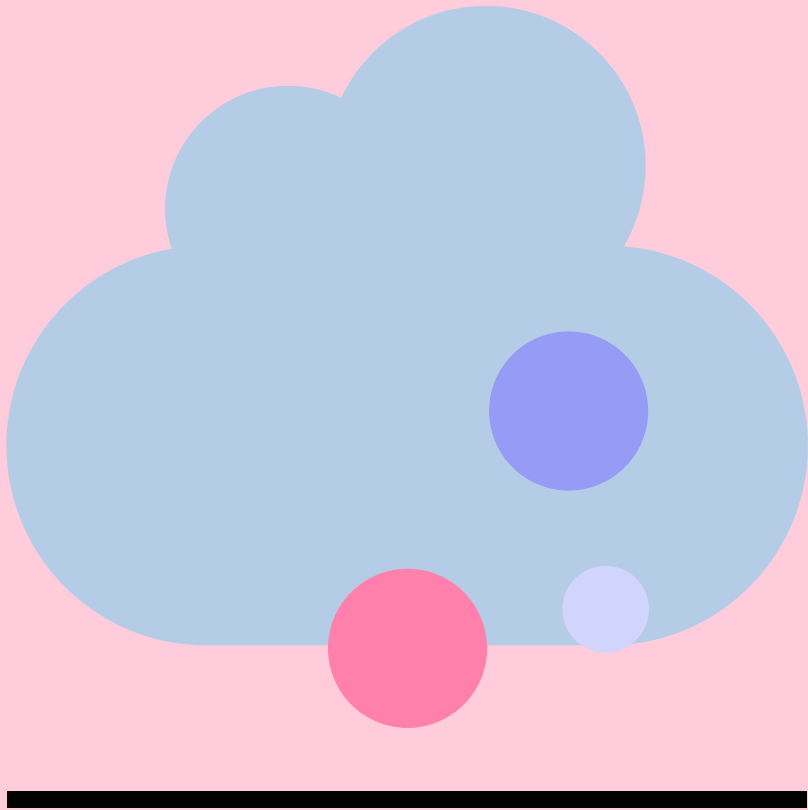
46% of the respondents feel closer to their partner since the lockdown started, and 38% state that they have gotten to know their loved one better. Couples are witnessing that they are talking more about their feelings and the bigger issues, and getting more focused time for each when outside distractions have been put on pause. 58% of the respondents state that the lockdown has affected the future of their relationship in terms of next steps. 23% say the lockdown will impact how they see their future together.



"Life is not so full of distractions, we are able to slow down and spend time together."

quote from a participant in the survey

Vienna Pharon



"We must remember that this lockdown created immense amounts of stress and trauma for so many people. It has been a major disruption in people's lives, and forced us to think about who we are doing our lives with. To begin with, I think it is important to turn to ourselves and think about our own personal takeaways from this time. What did you learn about yourself? What did you learn about your partner? Then, you have to look further. After these unusual times, take a look at your relationships to the people in your lives. Who did you miss? What have you remembered to appreciate? What have you found to be happy without? Remember those things, and bring them with you. Make an active choice about what people you want in your life. And ask yourself: when everything else goes away, which people do I enjoy navigating my life with?", Vienna concludes.