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How to Keep the Election from Getting in the Way of Your Relationship



By Aly Walansky

Whether you are into Trump or Clinton (or one of those other guys), you and your partner are pretty sure you are into each other. How do we keep this vicious election from messing with our relationships?

Agree to disagree

A healthy relationship requires seeing things from the other person's perspective and not always agreeing. "Share in ideas together and try to understand perspectives from their point of view. Perhaps these revelations will actually deepen and strengthen your relationship," says Antonia Hall, psychologist and sex expert, and author of The Ultimate Guide to a Multi-Orgasmic Life.

Always see the similarities

Rather than focusing on the divide in your beliefs, focus on where you can agree with your partner. "Are you both wanting a similar outcome from an issue? That's often the case. Acknowledge where your ideas meet and match up," says Hall.

Delegate time for exchanging ideas

Don't let political differences seep into life together. Give yourselves a delegated time to talk, really listen to each other and then let it go. "While the political race is taking over much of the media, social media and water cooler talk, it shouldn't take over your relationship," says Hall.

Spend quality silent time together

Come together in silence for at least a few minutes a day from a loving, appreciative mind frame. Look into each other's eyes, kiss, and connect. "This is your best friend and lover. Focus on the love you share, which is what will carry your relationship through all of the challenges that come your way," says Hall.

Set up rules

You know each other best, so you know each other's triggers. Keep that in mind and make a list of rules and limitations, such as "no political social media posts" or "don't bring up politics at dinner." "You can even add incentives so that every time one of you breaks a rule, you have to put money in a jar or pick up an extra chore," says Lori Bizzoco, a relationship expert and the founder of CupidsPulse.com.

Talk it out

There's nothing wrong with having a civil conversation to hash out each other's viewpoints. "Informed discussions are a great way to learn. You may disagree on candidates, but maybe you'll agree on certain issues which can help lessen the severity of any political arguments," says Bizzoco.

Have some fun

In the seriousness of the election, you can still have some fun with it. "There are plenty of drinking games available online for the debates, and surely that's not the end," says Bizzoco. Lessen your stress by having a friendly competition to lighten the mood.

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