

Don't Let Corona Infect My Relationship

Presented by Mark Laing BA
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AutismONTARIO
see the potential



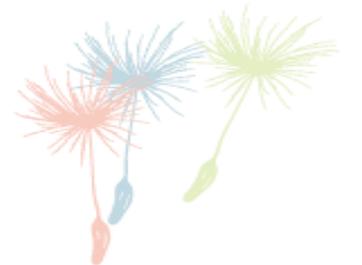
**keep
calm**

and

**don't get
infected**

*“Learn to love the one you have,
not the one you deserve.”*

- Terry Real



What's an Introvert?

An **introvert** is a person whose interest is generally directed inward toward his own feelings and thoughts.

An introvert needs alone time to charge their batteries or they can become irritable, short, impatient or withdrawn.

Being around too many people can drain an introvert's energy

They are often very self aware

Other people may think you are very quiet and feel it is hard to get to know you

You don't need lots and lots of friends and for the most part, enjoy solitude



What's an Extrovert?

An **extrovert**, is one whose attention is directed toward other people and the outside world.

An extrovert recharges their batteries through social time. If that doesn't happen they can become antsy, clingy, impatient or demanding

You like social gatherings.

You love a good conversation.

You are described as friendly and approachable.

You have a large group of friends.

You like to talk it out.

You don't shy away from new experiences.

You're bored when **you're** alone.

You're a natural born leader.



Facts vs. Problems

A **fact** is something that is known or proved to be true. A fact tells the truth.

You cannot solve a fact.

You cannot suspend a fact for convenience sake.

It is often dangerous to ignore a fact.

A fact does not need to be solved.

A **problem** is according to Merriam Webster dictionary, **a**: an intricate unsettled question **b**: a source of perplexity, distress, or vexation **c**: difficulty in understanding or accepting *i.e. I have a **problem** with your saying that*



Good vs Poor Communication

Poor communication essentially is a debate where the goal is to win and no one is listening

Good communication is one that has one person actively listening. The goal is to help the one speaking feel heard and understood

4 things known as the 4 Horsemen of the Marital Apocalypse discovered by John Gottman have a 93% accuracy rate in predicting divorce. They are, 1) Criticism, 2) Defensiveness. 3) Contempt. 4) Stone walling.



How to Have a Crucial Conversation

A crucial conversation is one where the stakes are high, the opinions differ and the emotions are strong. (According to [Joseph Grenny](#), [Al Switzler](#), [Ron McMillan](#).) See the book entitled “Crucial Conversations.”

When we encounter a crucial conversation we have 3 basic choices: 1) Avoid them, 2) Face them and handle them poorly or 3) Face them and handle them well

Grenny et al suggest to face a crucial conversation and handle it well requires the following:

- 1) Start with the heart (i.e empathy and positive intent)
- 2) Stay in dialogue
- 3) Make it safe
- 4) Don't get hooked by emotion (or hook them)
- 5) Agree a mutual purpose
- 6) Separate facts from story
- 7) Agree a clear action plan



Mark Laing

I am a Registered Psychotherapist with the College of Registered Professionals of Ontario (CRPO)

I have been in practice for over 18 years

My areas of concentration include, relationship issues, trauma, anger, sexual addictions, mood disorders, abuse and communication issues.

I have training in Havening which is an extraordinary method to deal with trauma

I work at Bayridge Counselling Centres in Burlington and Hamilton Ontario and I also provide counselling over the internet using Zoom. My Office phone number is 905-319-1488 x1

You can also find me on Face Book by googling Mark Laing Relationships. You will find all kinds of helpful articles on relationships there.

