
Was Sie aus diesem *essential* mitnehmen können

- Stress – auch wenn er seinen Ursprung eigentlich außerhalb der Partnerschaft hat – wirkt sich negativ auf die Quantität und Qualität von gemeinsamer Zeit von Paaren aus.
- Paarzeit ergibt sich nicht von selbst, sondern muss aktiv und bewusst gestaltet werden.
- Nicht nur die Qualität der gemeinsamen Zeit, auch deren Quantität ist integrierender Bestandteil einer glücklichen, stabilen Partnerschaft. Regelmäßig Zeit und Raum für innige gemeinsame Momente zu haben, bietet Paaren eine verlässliche, verbindende Basis.
- Schon kleinere paartherapeutische Interventionen können Paaren helfen, einen neuen gemeinsamen Rhythmus zu finden, der besser zu ihrer aktuellen Lebenssituation passt.

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