

How to Love Your Spouse During Quarantine—Even When They Get on Your Nerves

Dr. Barbara Lowe and Pastor Tim Sauve discussed their experiences as a couple amid quarantining. Lowe says the hardest part about being quarantined with her spouse is dealing with selfishness and impatience that well up in her from time to time.

“Sometimes I’m sneakily trying to point out where you’re wrong, and I feel so guilty after it, which, there is condemnation too,” Lowe says to her husband. “So I wonder if condemnation is really under this a lot. Anyway, so then I think about the impact it’s having on you. And I want to live every day as if it’s my last day in a good way.”

Boundaries are crucial in seeing a marriage relationship thrive, Lowe says on her *Whole Life Podcast* on the Charisma Podcast Network.

“Boundaries are always about what I will tolerate,” Lowe says. “I can’t make anyone listen to what I say. So I said to Tim, ‘If you’re going to call me a bad name (which he doesn’t), then I am no longer going to be here in your presence. I’m going to go for a walk.’”

“And so because we’re quarantined, we have limited choices. If you are not physically safe, you need to call the police. You need to get out of there, go to the police, they’ll be able to find a shelter for you. If you’re safe, but you’re not maybe that emotionally safe, you’re going to have to find unique ways of setting boundaries.”

To listen to more of Lowe and Sauve’s tips on thriving as a couple during the COVID-19 pandemic, [click here](#) for the entire

episode.