

# COMPASSION: A LABOUR OF LOVE

Having self- and partner-compassion improves relationships and sex during the transition to parenthood



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ORIGINAL PAPER



**Self-Compassion and Compassionate Love Are Positively Associated with Sexual and Relational Well-Being Among Expectant and New Parent Couples**

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*Scroll to see  
what we found!*



# Past research shows...



**Pregnancy** and **post-partum** can present **challenges** to relationships

**AND....**

**Self-compassion** (being attentive and sensitive to one's own suffering) and **compassionate love** (focusing on another's well-being) have been linked to greater sexual and relationship **satisfaction** and **lower sexual distress** outside of pregnancy and post-partum.

# WE WANTED TO KNOW:



Do **self-compassion** and **compassionate love** improve **sexual and relationship satisfaction** and **reduce sexual distress** in pregnant and post-partum couples?

n=

116 expectant couples &  
131 new parent couples



Partners completed surveys  
about self-compassion and  
compassionate love,  
relationship & sexual  
satisfaction, and sexual  
distress



# WE FOUND THAT...

During **pregnancy**, **self-compassion** and **compassionate love** were linked with **higher relationship** and **sexual satisfaction** and **lower sexual distress**

*AND...*

Postpartum, higher **self-compassion** and **compassionate love** were associated with **greater relationship satisfaction**, but not linked with sexual satisfaction or distress



# So, what does all of this mean?

Having self-compassion and compassionate love for one's partner can strengthen relationships during pregnancy and post-partum



## **This is a summary of our published article:**

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