



# 5 Tips to Navigate

## Conspiracy Beliefs in Couple Relationships



In an era where misinformation spreads faster than facts, **conspiracy beliefs** are straining not only democracies—but **relationships**.

A recent article highlights the emotional toll conspiracy thinking can have on couples. From QAnon to far-right podcasts, misinformation can create deep psychological and relational divides.

**But there is hope — and action you can take.**

Here are **5 tips** from their research on **navigating these complex dynamics**:



**Stay grounded.** Maintain connection with friends and family to avoid emotional isolation and distortion.



**Model healthy media habits.** Expose your partner to diverse, credible sources—gently and consistently.



**Avoid shame.** Criticizing or mocking beliefs can deepen defensiveness. Lead with empathy, not judgment.



**Teach critical thinking.** Encouraging reflection and media literacy can build resilience against misinformation.



**Seek support.** Navigating this alone can be overwhelming. Therapists and programs like Life After Hate or Evolve can help.



**As disinformation grows, so must our empathy, strategy, and collective wisdom.**

Let's stop asking, **"How could they believe that?"**



**And start asking, "How can I help them feel safe enough to think differently?"**

### Source:

Fletcher, K., Rosas, C.A., Li, J. (2025) Love in the age of conspiracy: Five tips for dealing with disinformation and political polarization in relationships. The Conversation. <https://theconversation.com/love-in-the-age-of-conspiracy-5-tips-to-deal-with-disinformation-and-political-polarization-in-relationships-251797>