

BUILDING YOUR MARRIAGE - SIX HOURS A WEEK

PARTINGS

Make sure that before you say good-bye in the morning you've learned about one thing that is happening in your spouse's life that day.

Time: 2mins a day x 5 working days

Total: 10mins

REUNIONS

A hug and a kiss that lasts at least 6 seconds. Stress reducing conversation for at least 20mins with eye contact and no distractions.

Time: 20mins x 5 days

Total: 1 hour 40mins

ADMIRATION AND APPRECIATION

Communicate genuine affection and appreciation every day toward your spouse.

Time: 5mins x 7 days

Total: 35mins

AFFECTION

Show each other physical affection and embrace before bed. Good night kiss can be laced with forgiveness and tenderness.

Time: 5mins x 7 days

Total: 35mins

WEEKLY DATE

Ask open ended questions, enhance your love maps and turn toward each other.

Time: 2 hours once a week

Total: 2 hours

STATE OF THE UNION MEETING

Talk about your relationship from *this* week and start with *what* went right. Then give 5 appreciations that you haven't yet expressed and be specific. Discuss any issues that may have arisen using gentle start up and listen non-defensively, then move to problem solving p185. If there was a regrettable incident, process it using the exercise on p188. End by each of you asking and answering "What can I do to make you feel loved this coming week?"

Time: 1 hour a week

Grand Total: 6 hours