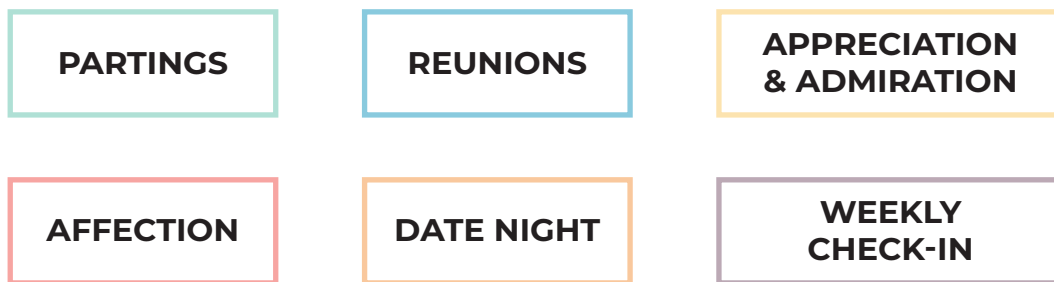


# 6 Hours a Week to a Better Relationship

According to Dr. John Gottman's research, couples who spend six hours per week on their relationship notice an improvement in communication, fondness and admiration, and attunement.

Happily partnered couples split up their six hours depending on their daily schedules and areas of focus, and you should too! The key is to make your six hours count by intentionally allocating time to:



How you choose to split up your six hours a week is up to you. Review the example week below, then sit down with your partner to plan your 6 hours. Be sure to consider other areas of your daily lives such as childcare, education, family time, and work.

Once you've planned your 6 hours per week, commit to your schedule for the entire month of April. At the end of the month, reflect on how your 6 hours have impacted your relationship.

## EXAMPLE WEEK:

MON	TUE	WED	THU	FRI	SAT	SUN
Partings 2 min	Partings 2 min	Partings 2 min	Partings 2 min	Partings 2 min	Appreciation & Admiration 5 min	Appreciation & Admiration 5 min
Reunions 20 min	Appreciation & Admiration 5 min	Reunions 20 min	Appreciation & Admiration 5 min	Reunions 20 min	Affection 5 min	Affection 5 min
Appreciation & Admiration 5 min	Reunions 20 min	Appreciation & Admiration 5 min	Reunions 20 min	Appreciation & Admiration 5 min		Weekly Check-In 1 hr
Affection 5 min	Affection 5 min	Affection 5 min	Affection 5 min	Affection 5 min		
				Date Night 2 hrs		

## **PARTINGS**

Happy couples make an effort to learn one thing that is happening in their partner's life before saying goodbye in the morning. This could be lunch plans with a best friend, a doctor's appointment, or a call with their parents. Ask questions and learn about the exciting and not so exciting things about your partner's day.

### **TIME ALLOCATION:**

10 minutes per week  
(2 minutes a day x 5 working days)

## **REUNIONS**

When you see your partner again at the end of the day, share a hug and kiss that lasts at least six seconds. Dr. John Gottman calls this a "kiss with potential." Then have a stress-reducing conversation for at least 20 minutes. This provides you with a space for empathy and intimacy, as well as encourages you to understand the stresses and problems outside of your relationship that you're both facing.

### **TIME ALLOCATION:**

1 hour and 40 minutes per week  
(20 minutes a day x 5 working days)

## **APPRECIATION & ADMIRATION**

It's important to find ways to genuinely communicate affection and appreciation toward your partner. Not only does this make your partner feel valued, but it also enables you to see the positive traits of your partner, instead of focusing on the negative. Here is an example: "Thanks for helping out with the dishes last night and letting me go finish my project for work. You're such a thoughtful and kind person."

### **TIME ALLOCATION:**

35 minutes per week  
(5 minutes a day x 7 days)

## **AFFECTION**

Expressing physical affection when you're together is vital to feeling connected to each other. Make sure to embrace each other before falling asleep. This can be as simple as cuddling for a few minutes or a goodnight kiss. Think of these moments of affection as a way to let go of the minor stressors that have built up over the day..

### **TIME ALLOCATION:**

35 minutes a week  
(5 minutes a day x 7 days)

## **DATE NIGHT**

This important "we time" is a relaxing and romantic way to stay connected to each other. It could involve an extravagant dinner or a simple night in—as long as it's an intentional time where you're focused on each other without distractions. During your date, ask open-ended questions and focus on turning towards each other. Think of questions to ask your partner, such as, "Are you still thinking about redesigning the bathroom?" or "I'd love to take a vacation with you. Do you have any places in mind?" or "How has your boss treated you this week?"

### **TIME ALLOCATION:**

2 hours once a week

## **WEEKLY CHECK-IN**

Just one hour per week discussing areas of concern within the relationship has shown to transform the way partners manage conflict. Start by talking about what has gone well in your relationship since the last meeting. Next, give each other five appreciations you haven't yet expressed. Try to be specific and include examples. Then discuss any issues that may have arisen in the relationship. To make the conversation effective, take turns being the speaker and the listener. At the end of the conversation, each partner needs to ask and answer, "What can I do to make you feel loved this coming week?"

### **TIME ALLOCATION:**

1 hour a week

# 6 Hours a Week to a Better Relationship

## PLAN YOUR 6 HOURS

MON	TUE	WED	THU	FRI	SAT	SUN

**PARTINGS**  
10 minutes per week  
(2 minutes a day x 5 working days)

**AFFECTION**  
35 minutes a week  
(5 minutes a day x 7 days)

**REUNIONS**  
1 hour and 40 minutes per week  
(20 minutes a day x 5 working days)

**DATE NIGHT**  
2 hours once a week

**APPRECIATION & ADMIRATION**  
35 minutes per week  
(5 minutes a day x 7 days)

**WEEKLY CHECK-IN**  
1 hour a week