

6 Magic Hours

(for better couple connection)

By the Gottman Institute

Activity	When To Connect	How To Connect	Time/Day	Days/Week	Time/Week
Partings	When you leave for the day	Find out something about your partner's plans for the day, something they're worried about, something they're excited about, etc.	2 Minutes/Day	5	10 Minutes/Week
Reunions	When you come back home	Taking turns, find out about their day. Ask specific questions such as: <ul style="list-style-type: none"> ● What happened today that you weren't expecting? ● What did you do well? ● What were you disappointed about? 	20 Minutes/Day	5	1 Hour, 40 Minutes/Week
Admiration & Appreciation	Anytime	Speaking your partner's <u>love language</u> is a great way to do this step	5 Minutes/Day	7	35 Minutes/Week
Affection	Anytime	Engage in any kind of physical intimacy, touch, etc.	5 Minutes/Day	7	35 Minutes/Week
Date	Anytime	Schedule a date and do whatever you need to in order to follow through - make reservations, get a babysitter, etc. *This can be the most challenging for new parents!*	2 Hours	1	2 Hours
State of the Union Meeting	Anytime	Catch up together! Make sure you're on the same page <ul style="list-style-type: none"> ● How are we doing? ● Discuss finances ● Talk about things going on with the kids <ul style="list-style-type: none"> ● Scheduling meals for the week ● Bring up concerns before they become a huge issue 	1 Hour	1	1 Hour
TOTAL					6 HOURS

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