



# six magic hours



BY THE GOTTMAN INSTITUTE

ACTIVITY	WHEN TO CONNECT	HOW TO CONNECT	TIME/WEEK
<b>Partings</b>	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 min/day <u>x 5 days/week</u> <b>10 min/week</b>
<b>Reunions</b>	When you come back home	Taking turns, find out about their day. Ask specific questions such as: <ul style="list-style-type: none"> <li>• What happened today that you weren't expecting?</li> <li>• What did you do well?</li> <li>• What were you disappointed about?</li> </ul>	20 min/day <u>x 5 days/week</u> <b>1 hr, 40 min/week</b>
<b>Admiration &amp; Appreciation</b>	Anytime	Speaking your partner's love language is a great way to do this step	5 min/day <u>x 7 days/week</u> <b>35 min/week</b>
<b>Affection</b>	Anytime	Engage in any kind of physical intimacy, touch, etc.	5 min/day <u>x 7 days/week</u> <b>35 min/week</b>
<b>Date</b>	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 hrs/day <u>x 1 day/week</u> <b>2 hrs/week</b>
<b>State of the Union Meeting</b>	Anytime	Catch up together! Make sure you're on the same page: <ul style="list-style-type: none"> <li>• How are we doing?</li> <li>• Discuss finances</li> <li>• Talk about things going on with the kids</li> <li>• Scheduling meals for the week</li> <li>• Bring up concerns before they become a huge issue</li> </ul>	1 hr/day <u>x 1 day/week</u> <b>1 hr/week</b>