

Research and Facts About Marriage

Gottman discovered that couples that invest consistent time and attention into their relationship have a much greater chance of enjoyment and success. Here is a good way to measure that investment.

MAGIC FIVE HOURS A WEEK



- **Partings:** don't part without knowing one thing 10 min
- **Reunions:** (stress reduction) 100 min
- **Admiration & appreciation** 35min
- **Physical affection & "do not let the sun set on your wrath"** 35 min
- **Dates:** update love maps &/or discuss issues 120 min

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