



COUCH TIME

for couples

What is it?

10-15 minutes each day when you sit down together (without the kids) and briefly connect about your day, your world, and your current needs.

Why should we do this?

Recent studies show that married couples spend a mere 4 minutes/day in meaningful conversation. In the “hecticity” of our culture, couples can easily and quickly drift apart. Without intentionally making time to regularly connect, your relationship is at risk for “the drift.”

What do we talk about?

Initially, you may find that it's challenging to determine this and there may actually be silence. In the silence, maybe start by holding hands as your means of connection. Generally, it doesn't take much time to get in the groove and find that 10-15 minutes is too short!

Do talk about:

- o Highlights of your day
- o Biggest challenges of your day
- o Things that encouraged or discouraged you
- o How you can support each other – be specific

Don't talk about:

- o Topics, issues, events that you know will cause “contamination” in your time together, such as “administration/business meetings” (finances, parenting schedules/issues, household chores)
- o Marriage issues that need to be discussed and resolved - those need to be reserved for another time