



Couples that devote an extra five hours per week to their marriage can improve their marriage over the years, according to John Gottman, author of *Why Marriages Succeed or Fail: and How You Can Make Yours Last*.

PARTINGS - Before these couples say goodbye every morning, they find out one thing that each is going to do that day. (2 minutes x 5 days = 10 minutes)

REUNIONS - At the end of each workday, these couples have a low-stress reunion conversation. (20 minutes x 5 days = 1 hour, 40 minutes)

AFFECTION – Touching, grabbing, holding, and kissing – all laced with tenderness and forgiveness. (5 minutes x 7 days = 35 minutes)

ONE WEEKLY DATE – Just the two of you in a relaxed atmosphere, updating your love. (2 hours once a week)

ADMIRATION AND APPRECIATION – Every day, genuine affection and appreciation is given at least once. (5 minutes x 7 days = 35 minutes)

For more tips and information call Dr. Gail Gabbert at (815) 777-2850 or go to interactionstherapycenter.com.