

The Weekly SIX for Couples

The Gottman Institute is well-known for its research on predicting divorce among couples with a staggeringly high percentage rate. Some of the most interesting research focuses on time.

How much time does a married couple need to spend together each week to have a healthy marriage? Their research states that it's about 6 hours per week.

Here is how that time is broken down:

- A 2-minute meaningful goodbye in the morning
- A 20-minute reunion at night being present to each while processing the day (see *the Daily Grace*)
- A hug and a 6-second daily kiss
- 5 minutes of appreciation and affirmation every day
- A 2-hour date a week (it could happen at home)
- A 1-hour "state of the union" conversation a week, zooming out and looking at the big picture of your life and relationships

Only 6 hours a week. Now *that's* a good investment!