

### Worksheet 4.16 Implementing the “Magic Five Hours” for Relationship Enhancement (Gottman and Silver, 1999)

Marriages and romantic relationships that flourish have partners who commit five hours per week to engaging in behaviors that build the strength of their relationship. In fact, these behaviors, listed in the chart below, are referred to as the “Magic Five Hours” (Gottman and Silver, 1999).

These crucial behaviors for creating successful relationships are likely done naturally by many couples; however, if you feel as if there is room for improvement in your current relationship, carefully review the chart below with your partner in order to identify whether or not any of the magic five hour behaviors are lacking in your relationship. If you find one or more of these behaviors to be lacking, vow to make an extra effort to incorporate these activities into your interactions on a regular basis.

**Intimate relationships that flourish have partners who devote 5 hours per week to enhancing the emotional connection that keeps the relationship alive as follows:**

1. **Partings** – 2 minutes per work day  $\times$  5 days a week = 10 minutes
  - Find one thing out about what your partner is going to do that day
2. **Reunions** – 20 minutes per work day  $\times$  5 days a week = 1 hour 40 minutes
  - Find out how your partner’s day went
3. **Admiration/appreciation** – 5 minutes  $\times$  7 days a week = 35 minutes
  - Find one thing to admire or appreciate about your partner each day and share this admiration with him or her
4. **Affection** – 5 minutes  $\times$  7 days a week = 35 minutes
  - Kissing, touching, playfulness
5. **Date** – 2 hours per week = 2 hours
  - Alone time with just your partner