

TABLE 4.3 “Magic Five Hours” for Relationship Enhancement (Gottman and Silver, 1999).

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

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| 1. Partings | 2 minutes per work day \times 5 days a week = 10 minutes <ul style="list-style-type: none">● 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 <ul style="list-style-type: none">● Find out how your partner’s day went |
| 3. Admiration/appreciation | 5 minutes \times 7 days a week = 35 minutes <ul style="list-style-type: none">● 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 <ul style="list-style-type: none">● Kissing, touching, playfulness |
| 5. Date | 2 hours per week = 2 hours <ul style="list-style-type: none">● Alone time with just your partner |
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