

# Gottman Relationship Planner

Names: \_\_\_\_\_ Date Range: \_\_\_\_\_

Are you spending enough time together? Use this form to guide you.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Minutes
<p><b>Mornings</b> Happy couples make an effort to learn one thing that is happening in their partner's life that day before parting from each other. <i>2 minutes per day (at each parting)</i></p>								
<p><b>Evenings</b> When you see your partner again at the end of the day, share a hug and a kiss that lasts at least 6 seconds and spend a moment to reconnect. <i>2 minute per day (each time you return home)</i></p>								
<p><b>Nighttime</b> Make sure to embrace or cuddle each other before falling asleep. Use this as a way to let go of the minor stressors that have built up over the day. <i>5 minutes per day (every day)</i></p>								
<p><b>Stress Reducing Conversation</b> Spend time talking about the stress in your lives outside of the relationship. This is not the time to discuss any problems inside the relationship. <i>10 minutes each (5 days per week)</i></p>								
<p><b>Appreciation and Admiration</b> Share what you notice and admire (or appreciate) in your partner. <i>Cumulative total of 5 minutes per day (every day)</i></p>								
<p><b>Date Night</b> Take time away from your daily responsibilities. Ask open-ended questions and focus on responding to each other's needs for emotional connection. <i>2 hours per week</i></p>								
<p><b>Relationship Issues</b> Discuss areas of concern within the relationship. Make sure to allow the expression of fears and concerns and respond in a loving manner. <i>1 hour per week</i></p>								