



## **HELP YOUR MARRIAGE NEWSLETTER**

### **Creative Solutions for Couples Issues**

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## **HOW TO DEVELOP A CARING AND LOVING RELATIONSHIP**

### **How to Reconnect with your Partner**

**Plan a time to talk to each other each day, even it is only for 15 minutes.** This needs to be a time away from the TV and from children. Just a quiet time for the two of you. Share something about your day. Perhaps a difficult situation at work or a problem with a friend or with one of the children. Be sure to listen to your partner when they are sharing. Be sure that each of you let the other know if you just want to talk about it or if you would like suggestion on how to handle the situation.

**Identify a common interest.** This could be a TV program that you both like. Plan to watch it together sitting next together. After the program you could share what you like about this program.

**Each of you make a list of activities that you enjoy.** Share your lists with each other. Look for common interests and identify those activities that you could do together. Plan a time to do one of these activities. Place it on the calendar.

**Why are these suggestions important?** Sometimes we are so busy work, raising children and just taking together of everyday activities that we forget to focus on our marriage.

I encourage you to take action on at least one of these suggestions.

The next newsletter will have more ways to reconnect and rebuild a loving and caring relationship again.

Until next time. Arlene H. Johnson 951 733-8743