



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
Mornings 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>								
Evenings 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>								
Nighttime 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>								
Stress Reducing Conversation 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>								
Appreciation and Admiration Share what you notice and admire (or appreciate) in your partner. <i>Cumulative total of 5 minutes per day (every day)</i>								
Date Night 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>								
Relationship Issues 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>								