

## 10 Ways to Recharge Your Marriage

This exercise, from John Gottman and Nan Silver's book *The seven principles for making marriage work* will bring you face-to-face, once again, with the early years of your relationship, and help you remember how and why you became a couple.

You will need a few hours of uninterrupted time to complete this exercise. There are no right or wrong answers to these questions - they are merely meant to guide you in recalling the love and perspective on marriage that led you to join your lives in the first place.

1. **Discuss how the two of you met and got together.** Was there anything about your spouse that made him or her stand out? What were your first impressions of each other?
2. **What do you remember most about the time you were first dating?** What stands out? How long did you know each other before you got married? What do you remember about this period? What were some of the highlights? Some of the tensions? What types of things did you do together?
3. **Talk about how you decided to get married:** Of all the people in the world, what led you to decide that this was the person you wanted to marry? Was it a difficult decision? Were you in love? Talk about this time.
4. **Do you remember your wedding?:** Talk to each other about your memories. Did you have a honeymoon? What do you remember about it?
5. **What do you remember about the first year you were married?:** Were there any adjustments you needed to make?
6. **What about the transition to becoming parents?:** Talk to each other about this period of your marriage. What was it like for the two of you?
7. **Looking back over the years, what moments stand out as the really happy times in your marriage?:** What is a good time for you as a couple? Has this changed over the years?
8. **Many relationships go through periods of ups and downs.** Would you say that this is true of your marriage? Can you describe some of these difficult times?
9. **Looking back over the years, what moments stand out as the really hard times in your marriage?:** Why do you think you stayed together? How did you get through these difficult times?
10. **Have you stopped doing things together that once gave you pleasure?:** Explore these with one another.

Many couples find that recalling their past together recharges their relationship in the here and now. Answering these questions often reminds couples of the love and great expectations that inspired their decision to marry in the first place.

**Please call me on 0411 471 941** if you'd like my assistance in reaching your relationship goals.

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