

# Weekly Marriage Meeting

**Guidelines:** Meet weekly. / Meet as just the two of you. / Minimize distractions/ interruptions./ Sit together. / Jot down notes during the week. / Keep the meeting to about 30 minutes. / Cultivate a positive atmosphere. / Allow both partners to feel ownership in the meeting.

## 1. Appreciation

Listen. Be specific. Keep it 100% positive. “What else?”

## 2. Chores (To-Dos/Finances)

Business part. Teamwork. Determine priorities, timelines, and assignment. Review previous list. Discuss things that are not going well. Do not demand. Volunteer. Strive to be flexible, generous, and fair (not equal). ‘We are in this together.’ If there is conflict, move discussion to last section. End with action steps.

## 3. Plan for Good Times

“Co-create experiences that bring pleasure and happiness into each person’s life.” Plan next (a) date, (b) individual pleasurable activity, (c) social event, and (d) facility recreation (microadventure). Consider progress towards next vacation.

## 4. Problems & Challenges

“By this time the two of you are feeling appreciated, are confident that chores will get done, and are already looking forward to the fun things you’ve planned to do together.” Now, “bring up any concern — money, sex, in-laws, parenting, changing schedules, or something else.” Two each max. Remember, “70% of marriage problems never get resolved.” Nurture acceptance and management.