

'You' Conversations

'You' Conversations create the bond, the intimacy, the really knowing your spouse.

They should happen at least twice a day (before you part, and after you return, more often if possible) and should begin with a long, sloppy passionate kiss and a hotly heated hug.

Make the hug and kiss so incredible that you and your spouse remember them and can't wait for the next ones! If you want to give your spouse's tooshie a tender squeeze, go for it! Affection goes a long way and should happen all the time – hand holding, hugging, kissing. All great!

What to talk about in 'You' Conversations:

Morning:

- ♥ Tell your spouse at least one thing that you appreciate about her/him, and tell her/him how much you love her/him.
- ♥ Discover at least one thing your spouse will be doing today. Learning more than one is even better. The more you know, the better!
 - Meetings, lunches, doctor's appointments, phone calls with friends, workouts, whatever is going to occupy your spouse's mind and time.
- ♥ How is your spouse feeling about what she/he will be doing today?
- ♥ How does your spouse feel about her/his relationships? Which one(s) is she/he excited about? Which one(s) is she/he concerned about?
- ♥ How does your spouse feel about her/his roles and responsibilities (work, school, church, kids, family – whatever role or responsibility is influencing his/her mood and emotions!)

Evening

- ♥ What happened that day that was fun, enjoyable, went well?
- ♥ What didn't go so well? What made your spouse grow?
- ♥ What is your spouse proud of? What did she/he accomplish?
- ♥ What're your spouse's dreams, fantasies, hopes, fears, concerns, worries, & aspirations – be willing to be vulnerable, let your spouse know your wildest dreams and what worries you;
- ♥ What and who are you grateful for – gratitude is so important to your well-being, growing and moving forward in your lives!
- ♥ What's working and what isn't in your marriage and lives;
- ♥ Any and everything else that's on your mind.

Daily 'You' Conversations bring greater fun, unity, intimacy, and love into your friendship and marriage. Don't let anything get in the way of having them!

