

becoming ONE

nurturing your marriage



An Emotionally Intelligent Marriage

"Happily married couples . . . have hit upon a dynamic that keeps their negative thoughts and feelings about each other (which all couples have) from overwhelming their positive ones . . . they have . . . an emotionally intelligent marriage."

(John Gottman and Nan Silver, [The 7 Principles for Making Marriage Work](#))

For the next week, spend 5 minutes daily to express to each other something you appreciate about your husband/wife from your interactions on that day.

