

# becoming ONE

nurturing your marriage



## Marriage Stability

“...you must have at least five times as many positive as negative moments together if your marriage is to be stable.”

(John Gottman, in *Why Marriages Succeed or Fail*)



Discuss with one another 5 positive moments in your marriage in the last week and what each of you can do to build on them. Then, discuss 1 negative moment and what responsibility each of you had for that negative moment.