



How Can We Can Truly Connect with Our Spouse

-Or -

The Two Chair Connection

Let's talk about increasing the connection in your marriage, or "The Two Chair Connection." This concept was shared by Dr. Gary and Barb Rosberg, America's Family Coaches.

I truly believe if things are not planned, not scheduled, they just don't get done. I also believe the things we repeat will eventually become a habit. Would you agree? So here is the concept and the plan.

Create a time during the day that you and your spouse will agree to dedicate 10 minutes to connect with one another. When does this happen? It could be in the morning – sometime between getting up and getting out to work or parts of your regular schedule. It could be over coffee in the morning if you are able to really communicate at that time.

The second opportunity to set a time could be when work is wrapped up for the day – maybe around 5 or 5:30 pm. Home from work, before dinner. The third option is after dinner. Finally, the other option is before bed.

Every family operates differently based on their season of life and other obligations. But if your marriage is worth it (and it better be) then carving out 10 minutes needs to be a priority.

The reason I talk about 2-chairs is because that should be the position you are in as you prepare for your 10 minutes. In chairs facing each other, all other distractions set aside. No phones, no TV. Kids need to be doing homework, playing games, but not a part of this activity with the two of you.

Ready? Now the connection starts. You might start with sharing how your days went, the good and the not so good. That should be easy. Any new dates or times you need to share for your calendar? The key is to move from that to be able to open up about any concerns you each have – in any area of your lives – church, kids, school, work. If you understand more about what is going on in each of your lives – not by trickling in over days, but gathered together for this time, you feel that you are on the same page.

Asking questions like, "how can I support you in that?" or "How could I make _____ easier for you?" or maybe, "how can I make you less concerned about that?" Or maybe going deeper, "How can I be a better husband or wife?"

You may find that at first, it seems hard to fill up the 10 minutes. As you repeat it day after day, I am willing to bet things start to go deeper, or as Dr. Gary says, you start going below the water line. That is when you realize that maybe these 10 minutes needs more like 15 or 20. At any rate, if you are not intentional and committed, it will not have the outcome that I



believe you both would like to see – a marriage growing in greater understanding and communication. Wouldn't this be a great practice that could even be passed on to your children?

And it does not matter if you are newly married or you have been married for 50 years or more, there is a good chance that you can improve connection with your spouse. Come on, I dare you!

If you need more help in your connection in marriage, we are always here for you. We would love to be your coaches. Reach out to us at 972-463-1937 or visit our website at www.LKRChristianLifeCoaching.com

You can also find a copy of this tip at www.LKRChristianLifeCoaching.com/resources.

Thanks for listening!