

#RelationshipGrowth: Session One



A good way to recapture your “first love” is to reminisce about the times when you were in love, remembering what you did at that time, and working together to open your hearts to each other and planning times of doing what you did back then.

This advice is good for how married couples can regularly reignite their feelings of being in love. First, it goes along with what Dr. John and Dr. Morgan shared about how normal it is to lose some of your closeness. But, second, it is vital for couples to identify what has dropped in their relationship and to set a time to do the things that would strengthen the bonds of their relationship.

1. Discuss the times in your marriage when you felt the **closest**. Take out your RAM chart and try to portray that closeness. Talk about what you were doing during that period of time that helped bring about this closeness.

2. Explain what you used to do that either you have stopped doing, or just do not do **enough**. How long has this been going on?

3. What have you done at other times in your marriage to **strengthen** the closeness in your relationship, and how did those choices impact the five bonds in your relationship described in the RAM chart?

4. What would you like to see happen in your relationship now that would help to strengthen and **increase** the bonds of your relationship?

5. Make some practical goals for accomplishing these **changes**. Set some dates, put them on a calendar and write yourself a reminder note.

6. End your time together with a **moment** of holding each other and an expression of your love for each other.