

Dr. Wyatt Show Podcast

Episode #258

How To Reignite The Spark In Your Marriage In 7 Steps

1-Clear your resentments. How many unresolved resentments do you have?

2-Increase your quality time. How could you start doing this? Stop making excuses that you're too busy.

3-Start touching. What are some simple ways to bring back touch?

4-Ask questions. Carve out daily time to ask each other some questions to get to know one another better.

5-Develop a hobby together. Google "couple activities" and pick 4-6 you both would enjoy.

6-Laugh together. Commit to watching one comedy together this week to enjoy more laughter.

7-Remember the early years. Carve out time to look at your wedding album together this week.

What are the top changes you want to make based on all the ideas discussed?

To learn more about my coaching services to help you and your partner work through your resentments go to the following page <https://www.drwyattfisher.com/pages/relationship-coaching>