







Can you
handle the
Marriage
Week
10 minute
challenge?







The 10 minute challenge

-  Buy a newspaper.
-  Arrange a time when as a couple you have 10 minutes together without interruption. Face each other.
-  Chat about any story in the newspaper, sharing your views and thoughts for 10 minutes - no more or less.
-  Avoid straying into discussing any other issues during your 10 minute session.
-  1 Do this every day during Marriage Week.
-  Email us and tell us what happened at: admin@futureway.org.uk or write to us at Futureway Trust, Shears Building, Stone Lane, Wimborne, BH21 1HD

For National Marriage Week updates and info, plus a free PDF of this card for photocopying, visit www.nmw.org.uk
Marriage Week is run by Futureway Trust, Registered Charity No 1086147.

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Repetition, coordination and significance

The 10 minute challenge is a marriage ritual designed to heighten levels of connection between partners. By spending 10 minutes every day discussing a news story, each couple should begin to make positive emotional deposits, a bit like putting money into a savings account. Unlike every day routines such as watching tv together, or weekly shopping, a ritual should add a feeling of significance, in that because it requires concentrated one to one connection, it adds positive emotional meaning.

Like most couples Bill and Suzy live busy lives, juggling work and children. They were feeling somehow disconnected, communication mainly centred around discussing who would take which child swimming, and who would cook dinner tomorrow. They tried the 10 minute challenge, choosing 10 minutes each evening after dinner. For them this ritual has become a source of great strength and life for their relationship, as Suzy said; *"its not just information which we exchange now but, who we really are, and how we really feel"*.

Read more about marriage rituals at www.smartmarriages.com/intentionalmarriage.html



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