



The Infidelity Recovery Institute

QUALITY TIME

New routines and rituals will save your relationship.

Print out 2 copies of this worksheet (one each) and use it for 21 days. Observe if there is any increase in your Love Bank credits:

1. Quality Time: Give your spouse undivided attention for 1 - 2 hours a day. Most couple's stop spending time together and life becomes a series of functional obligations. It is time to reconnection. Even if your relationship is in trauma mode right now, quality time maybe just providing your partner the outlet for talking about their pain and hurt. It is best to plan some recreational activities such as a 30-minute walk, rather than sitting around the house in a comfortable environment. Build the Love Bank Credits!
2. Monologue: Reveal to your spouse as much information as you can and literally make your life an open book. Take turns with each other in a 20-minute daily "monologue." One person does the talking, the other does the listening. Try not to disrespect, judge, interrupt or criticize the talker. It is difficult to open up to someone who is ready to shut you down!
3. Physical Touch - When there is little emotional connection in a relationship, the physical disconnection will soon follow. Time to kick start the ultimate "Love drug" – Oxytocin. It is recommended you each do: 1) 6 Acts Of Kindness per day – to each other. This could included saying "I love you", sending text messages, a phone call during the day, a back rub, a hug for no reason, leaving a message in their bag to find during the day, a kiss good morning or goodnight, etc; 2) Reconnect for 2-5 Minutes by holding each other after work/being away from each other; 3) Be intimate at least 2 to 3 times per week.



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DAY	NEW RITUAL 1 Quality Time	NEW RITUAL 2 Monologue	NEW RITUAL 3 Touch
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			