

# exercise

## Rebuilding the “We”

Even if you built a strong sense of yourselves as a couple early in your marriage, chances are the stresses and demands of work, family, home, and community eroded your sense of “we.” You can rebuild your unity by finding daily activities to share, by making time to check in with each other every day, and by taking your marriage into consideration when making plans. Not sure where to start? This exercise, which takes about 20 minutes, can help the two of you choose activities and times to be together.

### “We” in Thought

**Do This:** Write down any plans you have for the upcoming week. Then note for each whether it will build, erode, or have no effect on your sense of togetherness.

**Why:** Often we don’t consider the impact of our individual choices on our marriages. You may enjoy your Sunday morning golf ritual, but have you thought recently of the impact it has on your relationship? Will accepting overtime work mean you won’t see each other for dinner anymore?

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### “We” in Word

**Do This:** Write down several “we” statements that describe your current likes, dislikes, and opinions as a couple.

**Why:** How often do you talk about yourselves as a united couple? Verbalizing shared values and opinions puts you into a “we” mind-set.

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### “We” in Deed

**Do This:** List activities you do daily or weekly that could be shared: cleaning, cooking, sorting mail, running errands, and so forth.

**Why:** Day-to-day tasks put us in routines that sometimes get in the way of closeness. Revamping routines so they include both spouses gives you time to connect and creates a sense of being a team.

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