

4T: Time, Talk, Touch, & Team Together Activities

The following activities strengthen bonds of warmth and connection between romantic partners.

They are so powerful that you need to avoid them with those other than your partner, or else you may be drawn into an affair.

So use them with your partner to create or renew emotional closeness and passion. And even if they do not want to cooperate, most of these can be practiced by just one partner to improve the relationship considerably.

1. Serving each other's needs; helping each other
2. Shared fun and new experiences
3. Physical affection and sex
4. Teamwork to solve a problem
5. Sharing time and space, and a common history
6. Appreciating each other's strengths and contributions
7. Learning something together
8. Shared hardships, and relying on one another
9. Resolving a conflict together; practicing forgiveness
10. Praying together
11. Sharing personal thoughts and feelings
12. Sacrificing for others together
13. Pursuing common ideals and higher purposes together
14. Being vulnerable—revealing weaknesses and hopes and dreams—and giving support to one another

These can be summed up as 4T:

- Time Together
- Talk Together
- Touch Together
- Team Together

Questions to Consider

1. Which of these activities are you already practicing? Could you practice any of them more strongly or regularly?
2. Which activities are more challenging for you? How might you take small steps in their direction?
3. Are there any you cannot understand, or don't know how to make a start with?
4. Which one or two would you like to improve in over the next few weeks?