

Skill Sheet Number 6

HUDDLES

You are now equipped with skills that you have learned, and further developed in each of the five bonds of the RAM that enable you to talk through your relationship, meet each other's needs in the most meaningful ways, and ultimately, maintain your relationship closeness through the imbalances of life. And now you can become committed to meeting together in regular huddles and using the RAM to help you identify where you are in your relationship (location) and the route to get you to an even better place (destination). Your relationship is a journey, and the RAM can be your relationship GPS. And it is in these regular huddles that you will frequently "reroute" your relationship in small ways to keep you on course of having a happy and fulfilling life together.

*** Your huddles should be brief (20-30 minutes), positive, frequent (every week or two), and a time for to review and make some plans in your relationship. So, go get your RAM charts, and follow the five steps in a huddle.**

KNOW

Catch Up about what has happened with each other since your last huddle—anything you need to talk about that you have overlooked or just lacked the time to discuss? If too much to talk about right in your huddle, set a time to get into it.

TRUST

Patch Up your trust and positive attitudes by taking time in every huddle to review ways that your spouse has blessed you with things he/she has said and done since your last huddle. And if there were any misunderstanding or conflicts, affirm your apologies and resolutions.

RELY

Dream Up what you would like to do before your next huddle to meet some of the needs and wants on your spouse's top ten list. Together, you can be the connoisseurs of each other, and expect that there will always be something that is lacking, or just has not been enough—but these deficits become the opportunities for you to give to your spouse, or to do enjoyable things together before your next huddle. And be sure to put your plans on your calendars!

COMMIT

Back Up each other by looking ahead on your calendars, and finding ways to support each other in your upcoming responsibilities and activities.

TOUCH

Build Up each other by taking some extra time to talk about your affection, romance and sexual intimacy... what you appreciate, and what you would like to do before your next huddle. Express your love in words and in affection as you wrap up your time together.