

FANOS:

A DAILY CHECK-IN WITH YOUR SPOUSE TO PRACTICE EMOTIONAL INTIMACY

...from the Greek word that means “to shine” or “to reveal”

Feelings—state your feelings (not your thoughts!)

Affirmations—give your spouse an affirmation—or say “thank you” for something

Needs—ask for something you need (knowing that sometimes your need will not be fulfilled)

Own something you did—say you are “sorry”

Spirituality—tell your spouse what you did to grow spiritually

Example:

F: I am feeling very anxious today about a big meeting I have to attend.

A: Thank you for being so patient with me while I have been preparing for this.

N: I would love to just unwind tonight by going out to dinner. I really want to be alone with you. Would you be willing to get a sitter so that we can go out alone?

O: I really snapped at you when you were trying to tell me something and I apologize for that.

S: I spoke with God about the troubles I have been having at work, and now I understand that He offers me these challenges to help me grow individually as well as spiritually.