**Five Feet for Five Minutes**

When you come home, go directly to within 5 feet of your wife (in her personal space) and stay for 5 minutes. Engage her. Talk to her about her day, her plans, what made her happy, her problems (just listen, don’t try to fix them), whatever she wants to talk about.

Don’t look at the mail or the paper, don’t even go for your kids. This is about voting her #1 by your physical presence during the first minutes you’ve reentered her life. You can touch her, but only with non-sexual touches. Do this every day and pay attention to what happens.

It’s best not to tell her what you’re doing, but don’t be surprised if she figures it out. Even if she does, keep doing it!