

# FamilyLife Blended® Radio Transcript

*References to conferences, resources, or other special promotions may be obsolete.*

## 5 to 1 Ratio

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**Ron:** Do you want a good marriage? Start by doing some math.

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** Marital researcher John Gottman found that healthy long-term couple relationships maintain a 5 to 1 ratio of positives to negatives. In other words, they make five deposits for every one withdrawal. For every act of selfishness, there is one act of kindness. One act of sacrifice, one expression of affection, one act of true friendship and one act of considerate communication.

You know, no one puts money in your financial bank but you and if you don't invest, you'll have nothing for the future. Well, the same is true for your marriage. Besides, the dividends you get in return are well worth the investment. For FamilyLife Blended, I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife.

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