



3 GOLD NUGGETS

Couples in Trouble Depend on

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Hello! I'm Dr. Jackie.

The 3 Gold Nuggets Couples in Trouble Depend On

Simple but powerful truths that help couples reconnect, deepen intimacy, and return to each other

I wrote this guide for you because I know, firsthand, that there are inevitable challenges that all couples experience. These challenges can be heartbreaking, and cause you to feel deeply dissatisfied with your partner, your relationship – and even your life.

I know because I worked with couples for many years who loved each other deeply, but had become out of sync.

Couples who still loved each other, but the spark and joy of being together was dimmed or gone.

Couples who still loved each other, but the realities of life – work, money, children, illness, aging parents, stress, and competing priorities – had slowly created distance between them.

And I also know this:

You don't need more information.

You need a way back to each other.

That's what this guide is for.

THE THREE UNIVERSAL PRINCIPLES THAT ARE TRUE ABOUT MARRIAGE

There are three truths about marriage that are easy to forget... especially when life gets full.

- Intimacy isn't an automatic response.
- Intimacy isn't a given because you love someone or feel loved by someone.
- Intimacy doesn't come with a commitment or with a marriage license.

The basic, fundamental principle of creating and sustaining intimacy is cherishing each other!

Creating, nurturing and maintaining intimacy in long-term, committed relationships is the toughest and the most worthwhile undertaking one can accomplish.

It requires deliberate intention, deliberate choice and deliberate action.

Nothing about creating intimacy and truly being intimate with another person is unconscious. Closeness is enhanced through purposeful sensitivity, tenderness and respect for each other.

A quiet reflection:

When was the last time you felt cherished by your partner?
And... when was the last time they likely felt that from you?

Just notice. No judgment.

THE 3 GOLD NUGGETS COUPLES IN TROUBLE DEPEND ON

Gold Nugget 1: Know This About Creating Intimacy

Intimacy is the result of celebrating each other.
Not just loving each other.

Celebrating each other.
Celebrating their presence.
And celebrating being in their presence.

When your partner feels celebrated by you... something softens.
They feel seen.
Welcomed.
Valued.

And that is what creates closeness.

Here are a few ways this can look in real life:

- Being appreciative
- Offering acknowledgment
- Giving your partner the benefit of the doubt
- Being their cheerleader
- Noticing their effort
- Speaking well of them
- Being generous, open-hearted, encouraging

These are not small things.
They are the feeling element of your relationship.

GOLD NUGGET TAKE AWAY

✨ Try this today:

Before the day ends, tell your partner **one specific thing** you appreciated about them in the last 24 hours.

Not general.

Specific.

"I loved the way you..."

"It meant a lot when you..."

Watch what happens in the moment that follows.

THE 3 GOLD NUGGETS COUPLES IN TROUBLE DEPEND ON

Gold Nugget 2: Making the Time to Connect

Think back to when you first started dating.

There was time.

Not because you had more of it.

Because you made it matter.

Somewhere along the way... that changes.

Life fills up. Responsibilities take over. And connection gets replaced with coordination.

You're still together. But you're not really meeting each other.

A gentle check-in:

*Are you spending time together...
or just moving through life side by side?*

Here are a few things to notice:

- Do you carve out quality, alone-time every week?
- Do you both take responsibility for making time for each other?
- Do you protect that time... or does everything else come first?

If the answer is "not really"... you're not alone.

But it matters more than you realize.

Because connection doesn't come from time passing.

It comes from how you show up in the time you have.

GOLD NUGGET TAKE AWAY

✧ A simple shift to try:

Pick one small pocket of time this week.

10 minutes is enough.

No phones.
No distractions.

Sit together and ask:
“What’s been on your mind lately that I might not know
about?”

Then, just listen.
Not to respond.

Just to know and be known more deeply.

THE 3 GOLD NUGGETS COUPLES IN TROUBLE DEPEND ON

Gold Nugget 3: Creating Romance and Time for Sex

There are many myths about sex and romance in long-term relationships.

One of the biggest is this:

That you're supposed to feel it first...
and then act.

But in long-term love...
it often works the other way around.

Romantic and sexual energy are created over time.

Moment by moment.
Interaction by interaction.

In the way you speak.
The way you respond.

The way you notice each other... or don't.
Feeling desired, appreciated, cared for... those experiences build.

And over time, they become desire.

And there's more →

THE 3 GOLD NUGGETS COUPLES IN TROUBLE DEPEND ON

Gold Nugget 3: Creating Romance and Time for Sex Cont...

Something to consider:

*When was the last time your partner likely felt your desire?
Not assumed. Not expected.
But truly desired?*

Sexual feelings are the result of consistently receiving loving, kind, thoughtful behavior over time.

Strung together... like a strand of exquisite pearls.

And there is something else that matters just as much:

- That both of you know it's landing.
- That what you give is received.
- And what you receive you feel.

Without that...
it's easy to start missing each other, completely.

GOLD NUGGET TAKE AWAY

✨ A small, meaningful practice:

Today, create **one moment of intentional affection.**

A longer hug.

A slower kiss.

A hand on their back as you pass by.

And stay there just a second longer than usual.

Let it be received.

A FINAL THOUGHT

Couples in trouble often believe they need something dramatic.

- A breakthrough.
- A big shift.
- A complete overhaul.

But more often than not... what restores intimacy is a return to what matters most:

- Cherishing each other
- Making time to connect
- Creating romance on purpose

These are not small things.

They are the foundation.

💬 **A thought to carry with you:**

"Closeness is built in moments that are easy to overlook."

When you begin returning to these moments consistently...
You start to feel each other again.

And that, is where everything begins to change.

If this resonates with you...

Be clear, there is more than simply “getting through.”

You can reconnect.

You can deepen your intimacy.

You can return to a relationship that feels warm, close, and alive,
again.

And it starts with how you show up with each other.

“

“It is stunning how different we are individually and as a couple after just a few months of working with you, Dr. Jackie.” When I watch us dealing with the same stuff today that we have been dealing with for fourteen years, it is stunning how different we are individually and as a couple after just a few months of working with you, Dr. Jackie We are kind, compassionate and very gentle with each other’s hearts, and having more fun than ever. Thank you is not enough.

~ Marley and Joe C.

”

MARRIAGE COACHING WORKS

If you're starting to see what's possible, but still feel stuck in the same patterns...

It's time to explore what's actually keeping you there.

[Download: How Couples Get Out of Trouble](#)

Or, if you prefer...

Each month, I open a limited number of private conversations where we take a thoughtful look at what's working, what feels hard, and what you wish were different.

These conversations are by application, and I personally review each one. If it feels like the right moment for you and your partner, I would love to meet you.

If you would like one...

[Your Application Is Here!](#)

Cheers to your joy with your partner,

Dr. Jackie
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