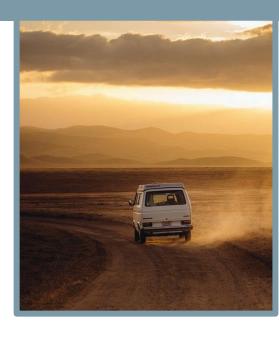


Date night FOR MARRIED COUPLES

Topic: Fun & Adventure

How do you each like to have fun? What is the role of play and adventure in your lives?

Based on John Gottman's Eight Dates



Prepare for the date:

Before the date, each of you separately should prepare for a productive and engaging conversation: Think about your own personal ideas of what is fun to you.

- Check through the accompanying list for ideas. Make a star near those that you would really like to include in your life and a check beside those that seem interesting.
- Think about what role fun and adventure plays in your life. What messages did you get about recreation – from your family, schooling, community, media.
- Find pictures of ideas that you would like to try together.
- Think about the levels of fun and adventure you have together. If it is not as much as you would like, think about how you will bring that up.

Setting for the date:

Choose someplace you've never been before. *Modified for quarantine:* Try something novel in your own home. A picnic on the living room floor. The roof or fire escape. Climb a tree in your backyard. Move furniture around. Pull up an image of an exotic location. Order in some food you've never tried before. Put on foreign music.

The date:

- Look through each other's lists.
 With genuine, open curiosity; no judgment. Review those that you both starred and/or circled.
- Discuss what about those you enjoy and how you might bring more of those into your life.
- What would you consider is your playfulness style? Take a playfulness quiz together.
- Plan your next adventure. Also plan for something novel that you can do at home in the next days.

Conversation starters:

- What does adventure/play mean to you?
- How did you like to play as a child?
- What's the most fun you had in the last few years?
- How do you think we can have more fun?
- Share a story of adventure that you did before you met me.
- What is something you would like to try (bucket list)?
- What is a one-day (reasonably priced) adventure you picture us doing in the near future?
- What messages did you get about play from your parents? Do you agree? What adaptations would you like to make?
- What role does adrenaline/ dopamine rush play in choosing your adventures?





Fun & Adventure

What do you consider fun and recreational?

Make a star near those that you would really like to include in your life and a check beside those that seem interesting.

- 1. Hiking
- 2. Walking on the Beach/Boardwalk
- 3. Window shopping
- 4. People watching
- 5. Picnic
- 6. Boardgames
- 7. Learn a new videogame
- 8. Fooding. Try new food
- 9. Long drive to nowhere
- 10. Antiquing
- 11. Apple Store
- 12. Plan a meal together
- 13. Learn a new language
- 14. Armchair travel
- 15. Bicycling
- 16. Boating/canoeing/rafting
- 17. Amusement Parks
- 18. Peruse the shelves at a book store

- 19. Art Museum
- 20. Hands-on Museums
- 21. Concerts
- 22. Lectures on an interest of yours
- 23. Wildlife birdwatching, whalewatching, zoos, aquariums
- 24. Jokes
- 25. Fishing
- 26. Jamming. Playing music.
- 27. Spa, manicure.
- 28. Sing silly songs
- 29. Rock climbing
- 30. Water sports
- 31. Winter sports
- 32. Paragliding
- 33. Creating pottery
- 34. Strike up conversations with strangers
- 35. Watch home videos