

# 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                              | 19. Art Museum  |
| 2. Walking on the Beach/Boardwalk      | 20. Hands-on Museums  |
| 3. Window shopping                     | 21. Concerts  |
| 4. People watching                     | 22. Lectures on an interest of yours                        |
| 5. Picnic                              | 23. Wildlife – birdwatching, whalewatching, zoos, aquariums |
| 6. Boardgames                          | 24. Jokes   |
| 7. Learn a new videogame               | 25. Fishing   |
| 8. Fooding. Try new food               | 26. Jamming. Playing music.                                 |
| 9. Long drive to nowhere               | 27. Spa, manicure.  |
| 10. Antiquing                          | 28. Sing silly songs  |
| 11. Apple Store                        | 29. Rock climbing   |
| 12. Plan a meal together               | 30. Water sports  |
| 13. Learn a new language               | 31. Winter sports   |
| 14. Armchair travel                    | 32. Paragliding   |
| 15. Bicycling                          | 33. Creating pottery  |
| 16. Boating/ canoeing/ rafting         | 34. Strike up conversations with strangers                  |
| 17. Amusement Parks                    | 35. Watch home videos                                       |
| 18. Peruse the shelves at a book store |   |