

# Date night

FOR MARRIED COUPLES

## Topic: Nostalgia

Nostalgia has the potential to lift people's spirits, make them feel more connected to others, and heighten the sense that life has continuity and meaning. When couples remind each other of fond memories, it strengthens the bonds between them.



### Prepare for the date:

Go through your trove of photos and videos of vacations, outings, and celebrations that you'd never had time to go through.

Look through your calendar or even Google Maps Timeline or other social media.

Find a souvenir, song, recipe of a favorite memory.

### Setting for the date:

Go to the place of your first meeting or date (or someplace that reminds you of that).

Listen to the music, get a familiar scent or the food you ate on a favorite memorable occasion.

### The date:

The healthiest way to nostalgize is not to pine for the past—"Those were better days"—but rather to savor those memories as a treasure that can't be taken away.

### Conversation starters:

**Reminisce about your dating experience.** Where did you first meet? Where did you go on your dates? Were there any interesting incidents/ mishaps? What did you talk about?

**Negative experiences or challenges that now have a happy ending.** *Focus on the sweet of the bittersweet.* What are some challenges that life has thrown your way? How did you feel as things were unfolding? How did you support each other? How do you feel about the situation now?

**Significant people you met as a couple.** Where did you meet them? If you did speak to them, what was the conversation?

**Interesting places you've been.** What is a beautiful or exotic trip you took together? How did you decide to go to that place? What was so wonderful about that trip? (include food, weather, views, people you met)

**Wonderful memories in simple setting.** Where have you gone that was simple and inexpensive but has such wonderful memories for you? (ex: hike, walk on the boardwalk, sitting in your backyard under the stars)

**What are some 'firsts' that are memorable.** First apartment, first car, first major purchase, first gifts you gave each other, first argument, first joint shopping experience, first child, first time you were apart, first medical situation, first vacation.

**What was it like meeting each other's family?** How long after you knew each other did you meet each other's family? What was the setting? Any mishaps? How did you feel before you met? How did you feel during the meeting? After?

**Who are people in your life that are no longer part of your life?** What was so wonderful about the relationship? How did it end?

**What was a fun thing that you used to do together in your first months and years?** Can you try to pick it up again, or recreate it?