

Date night

FOR MARRIED COUPLES

Topic: Accomplishments

There is pleasure in delighting in each other's happiness and accomplishments. One of the best ways to show your spouse you really care is to go out of your way to celebrate good things that happen to them. Celebrating success boosts self esteem and the morale for both of you. Knowing each other's strengths also deepens your relationship. For this to happen, each of you must share your accomplishments and good fortune.



Prepare for the date:

Think about a success that you have recently experienced. It could be related to your relationship, family, work, friendship, community or anything. Get into the mindset to reflect and share fully. It is not bragging, it is about celebrating and growing.

Setting for the date:

You might go to a place that somehow represents the situation. Or a place to celebrate (even if the event happened a while ago, you can always celebrate.)

The date:

Each of you gets to talk about an accomplishment. Celebrate together. Show your pride and enthusiasm for each other's successes. Look for underlying strengths and passions that fostered the accomplishment and talk about how you can support each other to build on those.

Conversation starters:

What was a situation or challenge that you addressed with good results? What actions did you take? What were the results?

Which of your strengths, talents, character traits, habits or passions did you work from in order to achieve whatever it was? {Name them and refer to them in the future.}

What awards or recognition did you receive for something you have done? Who recognized your efforts and accomplishments? In what ways? How do you feel about public recognition?

What is something that you get praise for? What do people around you say about you?

What do people ask you to help them with? Why do they reach out to you?

Where have you gone above and beyond for someone? How do you feel about that? How did they respond?

How can you build from this accomplishment? What else would you need? What support might you need from your spouse?

What did you learn about yourself from working on that project? What can you build on?

How might we bring more of those strengths, talents, passions and character traits into our relationship, into our family?

How do you like to celebrate accomplishments? In public? As a couple?

How can we bring more of this type of celebration into our relationship?