

DATE NIGHT MENU

LOVE GIVES ATTENTION



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WELCOME TO YOUR DATE NIGHT EXPERIENCE!

**Congratulations on prioritizing one another -
After all, your relationship needs you!**

To get the most out of each date we have made the following suggestions:

• STAY POSITIVE!

This is not the time to tell the other what he or she has done wrong.
Be future focused. Focus on what you want your relationship to be like
in the future. Don't concentrate on past failures. (It's okay to remember past
successes).

Talk about your relationships. Do not talk about your job, children, in-laws, etc.,
unless it's part of the topic of the date.

• GIVE A GIFT OF LOVE.

Some discussion items will excite you more than other.

On the less exciting ones, give a gift of love.

Participate enthusiastically!

Don't force it, If you get on a negative track, stop that discussion.

Move on to another topic that you both feel good about.

• IF YOU GET STUCK, ASK FOR HELP.

If an issue comes up that you can't handle together, talk to a
marriage coach at a local church or counseling center.

• USE GOOD COMMUNICATION SKILLS

Be prepared for some surprises and new insights about each other.
They can open new opportunities for growth and intimacy in your relationship.
The following are several specific tips for a great date experience:

1. Be honest, yet never unkind.
2. Remember to start your sentences with "I" and let them reflect back on you.
3. Resist attacking the other or defending yourself.
4. Be specific and positive.

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APPETIZERS

WHICH IS MORE LIKE YOU?

LET'S PLAY A GAME

We'll never "know" everything there is to know about our partner - so the gift of **attention** will always be needed.

Just for fun, try the following game. It's called, "Are You More Like?" Read each statement below and then decide which of the options you are "more like" and why. Take turns sharing your responses. See if you can guess how your partner might answer.

ARE YOU MORE LIKE:

- **A spicy jalapeno or a juicy orange**
 - **A Volkswagen or a Ferrari**
 - **A paint brush or a pencil**
 - **Salt or pepper**
 - **Batman or Superman**

Keep the conversation playful. The goal is to more deeply know your partner in a fun, lighthearted way.

Take a second to celebrate this moment... maybe even take a selfie!

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MAIN COURSE

BE VULNERABLE AND KEEP HAVING FUN!

GIVING THE GIFT OF ATTENTION

This means: Entering into someone's world, taking thought of them, noticing them, doing things they like to do.

*Couples often think that to need **attention** means that a person wants to be the "center of **attention**." This may be true, but isn't always the case.*

GIVING ATTENTION DOES INVOLVE NOTICING YOUR PARTNER

*Remember, giving the gift of **attention** involves initiative: Taking thought of your partner and then taking action.*

Invite your partner to respond while you listen... attentively.

- **Tell me about some of the important events of your day/week.**
 - **I'd like to hear about some of your most recent concerns.**
- **Let's talk about what's been going on with your friends, family or kids, and how that's impacting you.**

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MAIN COURSE

CELEBRATE INITIATIVE

Take turns finishing this sentence:

I really enjoy it when you take initiative to _____. I sense you're taking notice of me and my world.

For example: I really enjoy it when you take initiative to hold hands, plan a date, surprise me with flowers, cook, etc.

WHAT DOES IT LOOK LIKE TO ENTER YOUR PARTNER'S WORLD?

Giving the gift of **attention** involves being with your partner and joining them in what they enjoy doing.

Reflecting Your World: Take turns finishing this sentence:

I love it when you join me in _____ because....

For example: I love it when you join me in going for walks, attending sporting events, gardening, etc. because it makes me feel special.

As your spouse shares, be attentive. Make sure to:

- **Notice and get to know your partner even better**
- **Think about a time when you can do the activity they just shared with you**
- **Listen for why this activity means a lot to your partner**

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DESSERT

THE PERFECT ENDING

LET'S MAKE A PLAN

Now that you've explored your partner's "world" in more detail, make plans to join your spouse in doing something they like to do.

Consider what you've come to know about your partner and then take the initiative:

- ***I would like to plan a time when we _____
Calendar a date _____***
- ***Let's set a date for when we _____
Calendar a date _____***

Remember:

*Your joy may not be found in the activity your partner identifies.
(Going for walks may not be your favorite past-time!)*

Your blessing can come from the joy it brings your spouse!

