

# DATE NIGHT MENU

## LOVE GIVES APPROVAL



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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

### CELEBRATE AND HAVE FUN!

#### FIRST IMPRESSIONS

*Tell your partner about one thing that first attracted you to them. Celebrate your positive first impressions and talk about what piqued your interest in one another!*

#### LOOKING DEEPER

*As you've come to know one another and are relationally closer, which of your partner's character strengths is attractive to you? Celebrate the greatest things you now more fully appreciate about the unique qualities of your partner. Tell them about that now.*

***The more that I've come to know you, I'm especially attracted to your...***

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## MAIN COURSE

**BE VULNERABLE AND GRATEFUL!**

**LOVE GIVES APPROVAL**

**Approval** of your partner's character qualities affirms who they are - as an important person in your life. In order to give words of **approval**, you might acknowledge and affirm your partner's: diligence, understanding, dependability, generosity, compassion, supportiveness, thoughtfulness, helpfulness, caring heart, respectfulness, attentiveness, or encouraging spirit.

**TAKE TURNS SHARING THESE SENTENCES  
TO EACH OTHER:**

**When I see the person you are, I am grateful for your unique character qualities. I am especially grateful for your \_\_\_\_\_  
(name one of the qualities above or choose your own).  
I see that quality in you when...**

**CONTINUE THIS LOVE EXPERIENCE**

Now talk about a more recent time when you were grateful for a specific character trait that your partner displayed. Give words of **approval** for one another as you take turns sharing your response to this sentence:

**This past week, you were very \_\_\_\_\_ when you...  
(name one of the qualities above or choose your own)**

**I am really grateful for this part of you because...**

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## DESSERT

### CELEBRATE IMPERFECTIONS AND EXPRESS THANKS

#### LET'S MAKE IT REAL

*Relationships are strengthened when we can notice the imperfections in one another and yet not forget the positive character traits that are also true in our partner.*

*In strong relationships, couples are able to share this perspective:*

- ***Even when I am imperfect in the things I do...  
please do not forget who I am!***

*Think for a moment about some of your own imperfections and choose one to talk about for yourself  
(This isn't the time to remind your partner of their imperfections).*

***I can sometimes be...(impatient, irritable, insensitive, preoccupied, oblivious, sloppy, compulsive, forgetful etc.)***

*Now, take turns responding to one another with words of acknowledgment and expression of thanks.*

***I know that I can sometimes be \_\_\_\_\_, but thank you for remembering today, that deep down, I really am a \_\_\_\_\_ person. I love you.***

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## BONUS DATE IDEAS

### CHARACTER QUALITIES:

*Diligence, understanding, dependability, generosity, compassion, supportiveness, thoughtfulness, helpfulness, caring heart, respectfulness, attentiveness, or encouraging spirit.*

### CONTINUE THIS LOVE EXPERIENCE:

*Begin thinking about how you might share these same kind of words during the upcoming week. Take the list of character qualities listed above and begin thinking about other ways that your partner has displayed them. Look for new ways that he shows a particular character trait this week and verbalize your thanks. Look for additional ways that she demonstrated one of the character traits and share your gratitude in a personal way.*

### CONTINUE THIS LOVE EXPERIENCE:

*Think of creative ways to let others know how proud you are that your partner is in your life. Post messages, publicly acknowledge your gratefulness about your relationship and boldly declare your love for your special someone!*

*Your words of **approval** might begin with:*

- I am so proud that \_\_\_\_\_ is in my life because...*
- I am so grateful to be married to \_\_\_\_\_ because...*