

DATE NIGHT MENU

LOVE GIVES AFFECTION



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LOVE GIVES APPRECIATION

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

REMEMBERING GOOD TIMES

EARLY ROMANCE

Remember some of the most romantic moments that you've shared with your partner. Take turns choosing one of those memories and describe it in detail to your partner. Use the questions below to help communicate the whole story:

- **Where did this memory take place?**
 - **What words were said?**
 - **What sparked the romance**
 - **What made it special?**
- **Celebrate your experience of genuine love and romance.**

LOOKING DEEPER

Now that you've spent more time (maybe even years) together, it's still important to be intentional about knowing your partner deeply. So think again about the romantic moments you mentioned above.

Share those memories with your partner using these sentence starters:

- **I felt loved in those moments with you because...**
 - **That time was so perfect for me because...**
 - **I knew that I loved you because...**

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MAIN COURSE

A WELL BALANCED DISH

EXPRESSING AFFECTION

Giving the gift of **affection** means: Expressing your care through physical touch and verbalized love. Couples often think **affection** only means sex. While sex is certainly one fantastic expression of physical touch, couples can often benefit from more expressions of non-sexual touching!

Try this. Do a little brainstorming. Think of six ways you might express your love for your partner... that don't involve sex.

Are you up for the challenge?!

Just to make sure that you know we haven't forgotten the importance of physical intimacy, each of your responses could begin with the letters:

HOTSEX

We've listed a few ideas to get you started:

H - Hold hands and go for a walk

O -

T - Take initiative to give a back massage

S - Sit closely together on the sofa

E -

X - RelaX together before your morning routine

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MAIN COURSE

Come up with 6 of your own non-sexual ways of expressing love to each other and note them below:

- _____
- _____
- _____
- _____
- _____
- _____

After you've brainstormed your own ideas for non-sexual touching and have a list to choose from, talk about your top 3 preferences with your partner.

Take turns sharing some of these sentences with each other:

- ***I would love it if we spent time...***
- ***It would mean a lot to me if we could...***
- ***I would enjoy if we could...***

ENTREE 2: AFFECTION CONNECTION

Affection also means putting your feelings into words.

*Talk with your partner about the words that have made an **affection** connection in your relationship. Maybe it was the first time that your partner said the words, "I love you."*

You might remember a special card or tender expression of emotion. Take turns sharing these responses with each other:

- ***I really sensed your genuine love for me when you said...***
- ***I feel certain of your love for me when you say things like...***

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DESSERT

IT IS A PRIORITY

THE PERFECT ENDING

Relationships are strengthened when we make it a priority to express care and **affection**. A couple's closeness deepens when they make a special effort to know one another's preferences for **affection** and then take initiative to give.

Intimacy is intentional! So be intentional about:

DATING YOUR PARTNER

Take turns describing your perfect date. Listen carefully for how you might give to each other and make the perfect date come true.

My perfect date would include...

PRIORITIZING THE SEXUAL NEEDS OF YOUR PARTNER

Take turns expressing your desires for physical intimacy with one another. Relationships are strengthened when couples are vulnerable with their sexual preferences.

I would love to keep the heat in our relationship...

VERBALIZING LOVE

Now that I know a little bit more about your preferences and your need for **affection**,

I'm looking forward to planning a date for us that includes _____, because I love you and want to show you my love in ways that are meaningful to you.