

Dating

Dating is simply one of the best ways to keep your relationship with your partner healthy and vibrant. It is commonplace for couples to gradually reduce their frequency of dating as the reality of living together (i.e., kids, diapers, careers, mortgages, etc.) sets in. With this, the couple relationship is likely to grow stale and stagnate, leaving both partners feeling there is no fun, excitement or romance in their relationship.

To keep our relationship vibrant and healthy we need to begin dating again--at least once each week--from now until forever. Below is the formula I'd like to follow. Tell me if it works for you.

Dating Rules:

1) **Regular time:** Pick a regular time for your date and "set it in stone". In other words, do your absolute best to keep this time each week for your date. If, for one reason or another (e.g., a tornado, house fire, a medical emergency, and things of this order) you need to move the time, return to the original time ASAP. Having this time carved out for your date is a weekly message to your partner that he/she is "number one" in your life.

2) **Odd week - Even week Rotation:** One week the female arranges the date; the next week the male arranges the date. When you are doing the planning, it's your job to plan a date that your partner would like to do. [This is very important because your partner will be thinking you have them in mind the entire time you are planning the date. Again, this tells them they are special in your life.]

3) Important Considerations:

- Your date doesn't have to be expensive. (It could be a walk in the park, a trip to a coffee shop, window shopping, a picnic, etc.)
- It doesn't have to be long. (It could be as short as 30 or 45 minutes.)
- It can be a surprise. (Dates that are a surprise are always great--especially if you take care of all of the details.)
- If you need some help to plan a date your partner will love, you can get ideas from friends. You could also ask your partner for a list of dates she would love--or you could even plan the date with him/her. But surprises are usually best because they add the ingredient of excitement and novelty.
- No kids or other couples are allowed. If you want to do something special with the kids and/or another couple, do it at a different time. Your date is with your partner.
- While on your date no "problem talk" is allowed. There are lots of other times you can rant about the kids, your boss, the tax code, and etc.
- **The central task while on your date:** Just hang out and talk. Rediscover what's incredible in your partner and your relationship. Goof around. Be silly. Have fun.



Dear

**Could I have the pleasure of your company
on a date?**

Day: _____

Time: _____ **_ AM _ PM**

Place:

_ It's a surprise!

Dress:

_ Casual _ Formal
_ Semi formal _ Other _____

With love,