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For the Fun of It

Pair this exercise with Gottman Date 6. Read through the list before your date. Circle all the items in the list that represent a starting point for how you'd like to play or have adventure with your partner, and then star/highlight the top three that you would like to do first. For the truly adventurous, you can use the list as a weekly suggestion for something new and try them all. We've also left some blank lines so you can fill in your own ideas of play.

- Take a hike or long walk together
- Take a drive this weekend to somewhere we've both wanted to explore
- Plan a picnic
- Play a board game or card game together
- Choose and learn a new video game together
- Shop for cars, antiques, new clothes—whatever passion you share
- Plan a meal together and invite friends over
- Cook a dish from a new cuisine together
- Choose a new restaurant to explore or cuisine to try
- Play catch
- Learn a new language together (or at least a few phrases)
- Speak in foreign accents while doing just about anything
- Go bicycling or rent a bicycle for two
- Go roller-skating or ice-skating
- Rent Segways
- Row a boat or canoe or kayak together
- Go to a bookstore and explore books in a section we don't usually read
- Go visit wildlife: bird-watching, whale watching, the local zoo, or the aquarium
- Learn a new sport together
- Go see a live performance: play, improv, musical, stand-up comedy, circus, dance—whatever sounds fun
- Take a performance class together, like improv, acting, singing, or stand-up comedy
- Read a joke book together. Read a book of poems together. Or alternate reading one joke and one poem.
- Go dancing
- Go fishing
- Go to a concert or any live music
- Create a playlist of the music from when we met and dance or listen to it together
- Work out together
- Get tickets to our favorite sports event and cheer together

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- Go to a spa and enjoy being together in the hot tub or sauna
 - Play music together
 - Sing loudly together to music we both know
 - Go to an art gallery or museum
 - Pretend we are spies while out at the mall or in town
 - Go wine tasting or beer tasting or chocolate tasting
 - Climb a hill, mountain, or friendly tree
 - Tell stories about the most embarrassing or entertaining episodes of our lives
 - Go to a climbing gym
 - Go to a trampoline gym
 - Go to a theme park or amusement park
 - Play in the water together: swimming, water skiing, riding waves, paddleboarding, sailing
 - Make a date to meet somewhere and pretend we don't know each other and are meeting for the first time. Flirt, and try to seduce each other
 - Color, draw, or paint together
 - Make something together, such as crafts, pottery, model airplanes, clothing, costumes, woodwork
 - Throw an impromptu party and invite everyone who's available at the moment
 - Do yoga together or take a couples' yoga class
 - Learn couples' massage
 - Go for a walk in a new neighborhood
 - Write a love letter to each other with our nondominant hand
 - Ride the local bus system around our town rather than drive
 - Stay up all night
 - Turn off all electronic devices for the entire day
 - Take an art class
 - Take a cooking class
 - Take a dance class
 - Ask a couple you don't know very well to go on a double date
 - Strike up a conversation together with strangers sitting near you in a restaurant, on a park bench, or on the subway
 - Try a new sport
 - Play in the mud
 - Scuba dive or go cage diving with sharks
 - Go bungee jumping
 - Go hiking, camping, or backpacking
 - Travel to an exotic country

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- Do anything you've always wanted to do, but were afraid to try

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Adapted from: *Eight Dates: Essential Conversations for a Lifetime of Love*. By: John Gottman, Julie Schwartz Gottman, Doug Abrams, and Rachel Carlton Abrams