



This or That?

For this date, we don't want this typical conversation to happen: "What do you want to do?" "I don't know, what do you want to do?" "Where do you want to go?" "I don't know, where do you want to go?" "How about this?" "No, not that." We're going to make this time together very CLEAR by taking away the challenge of making a decision, and leaving it all up to the luck of the draw. Take this date step-by-step, but feel free to customize it to make it work for your unique US.

Ground Rules

- Take a break from talking about the usual suspects—money, kids, in-laws. This is not time to take care of checklists, this is time for your us.
- Flirt. Be considerate, kind, relaxed, and a great listener. Act as if you are still trying to win him/her over.
- As much as humanly possible, stay off technology. Only text or take a call if it is an emergency. Everyone and everything will be okay. *(People use to leave their homes all the time without phones, and they lived to tell about it.)*
- In many relationships, there is a talker and a non-talker. If you are married to a non-talker, when he/she talks tonight, they might not do it as well as you. So believe the best in them as they find the words.

Get Ready

For this date, you will need a pad of paper and two pens.

Take away the endless guessing about a restaurant. Write down two restaurants—each in your price range. Throw them in a cup. Have a neighbor, a friend, one of your children, or a complete stranger draw the slip of paper. That's the restaurant you are going to.

Go Out

Here's how you will decide what to order—write down three options. Have the cashier/waiter/waitress draw a slip of paper from your pile and one from your spouse's. That's what you will order. *(You may want to verify what's being ordered if you have really bad handwriting).*

While waiting on your food, go through the following list, and ask each other if you would choose either this or that:

- sunrise or sunset?
- beach or mountains?
- camping or cruise?
- Mac or PC?
- hot or cold?
- read or write?
- watch or play?
- outdoors or indoors?
- glasses or contacts?
- filthy rich or dirt poor?

Now, write down three options for how the two of you would like to spend the rest of the night. Draw one from the pile.



Dare Me (optional)

Write down these three things:

- go outside and sing in the parking lot
- dance in the parking lot
- act like a robot

Have your waiter/waitress draw one and that's what one (or both of you) has to do.

Keep It Going

Ask your spouse, "What is one, small, CLEAR way I can serve you this week?" Make a plan to put his/her response into action this week.