

VACATIONS

With the coming of the fall season, most of us are back into a regular schedule of activities and summer is only a memory. Did you have/take time this past summer for enjoyment and recreation, or is there some regret that things just got “too busy.?”

Or possibly you had a wonderful vacation but find it hard to imagine waiting until next summer for another one.

Most of us would acknowledge the importance of taking time on a regular basis for recreation and renewal for ourselves. And that need is also important for a couple relationship – time spent together in relaxation and enjoyment. However, finding the time and doing the planning for these experiences is easily neglected.

This exercise is designed to help you identify some “mini-vacations” – activities that could be renewing and “re-creative” for you as a couple, but that do not require long periods of time or perhaps a lot of money. Perhaps a picnic, a trip to the zoo, a special dinner out, a phone call to friends, a late afternoon walk, reviewing favorite photos – let your imagination roam!

1. First, each spouse should list activities that you have enjoyed together in the past as well as ones you would like to do. Note that these should require only a short period of time – no more than one day. PUSH YOURSELF to think of things that only take a few minutes, as well as one that would take a few hours. Take about 5 minutes to do this.
2. Share your list with your partner and make a combined list of things you would like to do. Take about 10 minutes.
3. Next, set a date for one activity each week during the next month, and if you have time, talk together about what you hope to gain from these experiences, and how you could make mini-vacations a permanent part of your life together.