

RENEWING & RECREATING

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 or park, a special dinner out (or just hors d’ouvres and a drink), a phone call to friends, a late afternoon walk, looking at favorite photos, the list is endless.

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 a day! Push yourself to think of things that only take a few minutes as well as ones 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 these “mini-vacations” a permanent part of you life together.