

When you got married, the two of you became an US. While every US is different, there is one thing every US needs—time. Your US needs time to simply be together because it gives you space to laugh and connect. That’s what this date night is all about—no therapy—just fun and connection. So congratulations, you have made time to have a fun time. 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 a time to take care of housekeeping, 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.)*

GET READY



**SOMETIMES . . . TO HAVE A GREAT TIME . . . IT’S FUN TO GO BACK IN TIME. HERE ARE A COUPLE OF RETRO READY THINGS YOU WILL NEED TO DO TO GET READY FOR YOUR DATE.**

1. As you are getting dressed for your date, give a little fashion nod to when you were in high school. For instance, if you grew up in the eighties, simply flip your collar up, put a little extra Aqua Net in your hair or wear something that reminds you of that time.
2. Choose one phrase or word people used often when you were in high school. For example if you grew up in the ‘60s you might choose the word *groovy*. At least three times, work the phrase or word you choose into your conversation during the course of your date. Use it with other people you come in contact with during the date, i.e. babysitters, servers, cashiers, etc.. It will make you super rad . . . cool . . . tight . . . smooth . . . word.
3. If you have access and the ability to play music from your high school days, play it in the car on the way to dinner.



**On the way to dinner, or to whatever meal or refreshments you may be eating on this date, answer the following questions:**

- What was your first concert? If you didn’t go to a concert, who was your favorite artist or band when you were in high school?
- What was your first CD/cassette/8track/album?
- If you could see one band from your youth in concert, who would it be?

**BEFORE YOU GO INTO EAT, HUM YOUR FAVORITE SONG FROM HIGH SCHOOL AND SEE HOW LONG IT TAKES YOUR SPOUSE TO GUESS WHAT IT IS.**

**As you eat, answer these questions to rewind back in time.**

- What was your favorite fad as a kid?
- Who was your favorite teacher?
- What was the worst outfit you were made to wear as a kid?
- What was the worst fashion fad you bought into as a teenager?
- You’re having fun as a young teenager:
  - Who’s there?                      -What’s on the TV?
  - What are you listening to?      -What are you doing?
- What was your favorite thing served in the lunchroom at school?
- Who did you sit with in the lunchroom?
- What was one thing you had to do or did that you hated the most?
- What TV show taught you the most about life?
- What was your favorite movie as kid? A teenager? Now as an adult?



**Go play on a playground for 10 minutes at an elementary school or park. See who can swing the highest.**

### KEEP IT GOING

**Answer the following question to schedule something that is fun for your near future US.**

- What is one thing we can do in the next week to have fun for at least 30 minutes?

Finally, if possible, take a couple of the two as if you are posing at the prom. Then post it using **#mpdates**. (Yes, this is the exception to staying off of technology.) Also use it for the wallpaper on your phone and/or computer to remind you that every US needs time for fun.