

# GREAT DATE ROAD MAP: WITH

## GROUND RULES

- If you have kids, put them to bed or distract them with a movie.
- Take a break from talking about the usual suspects (money, kids, in-laws).
- As much as humanly possible, stay off technology.
- Relax, reconnect, and occasionally flirt...

## GET READY

### Items Needed For This Date

- Each secretly choose one favorite photo from your wedding and a date night (past or present) to bring along.
- 2 Pencils/Pens

### Decide If You Are Going Out Or Staying In

- If going out, head to a restaurant that reminds you of when you were dating.
- If staying in, prepare a meal or order in from somewhere that reminds you of when you were dating.

## i SEE YOU

Your **WITH** begins with seeing. Studies show that eye contact **WITH** your spouse produces empathy, because it instantly creates connection. But, seeing is more than visual, it involves listening and learning your spouse.

Tear off the below sections, using the dotted lines. Take a moment to each fill in the blanks. After doing so, reveal your favorite wedding/date photos, and answers to the questions.

This wedding photo is my favorite because \_\_\_\_\_ .

This dating photo is my favorite because \_\_\_\_\_ .

My favorite part of our wedding day was \_\_\_\_\_ .

The thing(s) that first drew me to you were \_\_\_\_\_ .

The thing(s) that draw me to you now are \_\_\_\_\_ .

One of my favorite experiences with you was \_\_\_\_\_ .

This wedding photo is my favorite because \_\_\_\_\_ .

This dating photo is my favorite because \_\_\_\_\_ .

My favorite part of our wedding day was \_\_\_\_\_ .

The thing(s) that first drew me to you were \_\_\_\_\_ .

The thing(s) that draw me to you now are \_\_\_\_\_ .

One of my favorite experiences with you was \_\_\_\_\_ .

# I GET YOU

A psychology professor discovered that how you celebrate **WITH** your spouse is more predictive of a strong relationship than how you fight **WITH** your spouse. The beginnings of celebration are found in your ability to laugh **WITH** each other. Every relationship has inside jokes that only you get (other people probably think you're weird). Laughing together reinforces that "I Get You".

Your next task is to write love letters for each other. **Husbands take the HIS section and wives take the HER section.** Ask each other for the missing words in the letter and write them down. Afterwards, read your letters, celebrate **WITH** each other, and know that your spouse somehow gets you. Why else would they love you **WITH** all their \_\_\_\_\_!  
(body part)

## HIS

To my \_\_\_\_\_,  
(word ending in -est),

Every time I see you, my \_\_\_\_\_ is full of \_\_\_\_\_. I hear choirs of  
(body part) (noun)

\_\_\_\_\_ joyfully singing \_\_\_\_\_ everywhere I go. You are so  
(plural noun) (Song Title)

\_\_\_\_\_ that it gives me \_\_\_\_\_ in my stomach. Every time, I say to  
(adjective) (plural noun)

myself \_\_\_\_\_! The way you \_\_\_\_\_ never fails to move my \_\_\_\_\_.  
(exclamation) (verb) (noun)

I remember the day that I went to \_\_\_\_\_ and told \_\_\_\_\_ all  
(location) (name of a person)

about how \_\_\_\_\_ you were. He/She said \_\_\_\_\_, and  
(adjective) (famous movie quote)

those words will always remind me of you.

Sincerely,

Your \_\_\_\_\_  
adjective animal

# HER

My \_\_\_\_\_ Darling,  
*Adjective*

When we first met, you looked \_\_\_\_\_, and I couldn't believe my  
*adjective*

\_\_\_\_\_. You smelled like \_\_\_\_\_ and looked like a majestic  
*body part adjective noun*

\_\_\_\_\_. When I found out that you owned a \_\_\_\_\_ and liked \_\_\_\_\_,  
*animal noun hobby*

I knew our love was destined to be \_\_\_\_\_. Since then, every  
*adjective*

\_\_\_\_\_ I \_\_\_\_\_ with you is truly a \_\_\_\_\_. I must  
*period of time verb adjective noun*

confess that you are the \_\_\_\_\_ of my \_\_\_\_\_ and my heart  
*type of produce body part*

pounds like a \_\_\_\_\_ every time you are near. I love you more than  
*animal*

\_\_\_\_\_.  
*plural noun*

Sincerely,

Your \_\_\_\_\_  
*word ending in -est*

# i GOT YOU

It's staggering to think of all the things you have done **WITH** each other. This will only increase the longer you are married. When you See and Get, it reinforces that you Got each other. In other words, the more you know your spouse, the better you can love each other. To help reinforce the phrase "I Got You" in your marriage, take time to have a regular High/Low Conversation. **Get started by asking each other the below questions.**

## HIGH

I See You: What is one thing you need me to celebrate?

I Get You: What makes this special to you?

I Got You: How can I celebrate with you?

## LOW

I See You: What is one thing that is concerning you

I Get You: What makes it troubling?

I Got You: How can I let you know that I have your back?

## KEEP IT GOING

- **Dare You:** Take a photo and post it to social media. Add your favorite line from one of the "I Get You" love letters along with it.
- **Share The Love:** Download this date ([www.mynorthside.com/marriage](http://www.mynorthside.com/marriage)), and send it to a another couple.
- **WITH You Always:** If you have an I See You, I Get You, I Got You magnet, place it on your refrigerator. If you don't have a magnet, cut out the circle below. Let this be a reminder that you are not just for, but **WITH** each other. Whenever you feel disconnected, come back to your **WITH** by applying these 3 phrases.

I SEE YOU  
I GET YOU  
I GOT YOU