



PAINT, PLAY
Passion



FIRST
things
FIRST®

VIRTUAL DATE *Night*
AT HOME

LET'S MAP OUT YOUR MARRIAGE AROUND PLAY

It starts with the little things...

Inside jokes.

Sharing stories.

Experiencing new things together.

Being intentional about date nights.

Holding hands.

Sending flirtatious texts.



**THESE ARE JUST A FEW OF THE WAYS
YOU CAN RAMP UP "PLAY" IN YOUR MARRIAGE.**

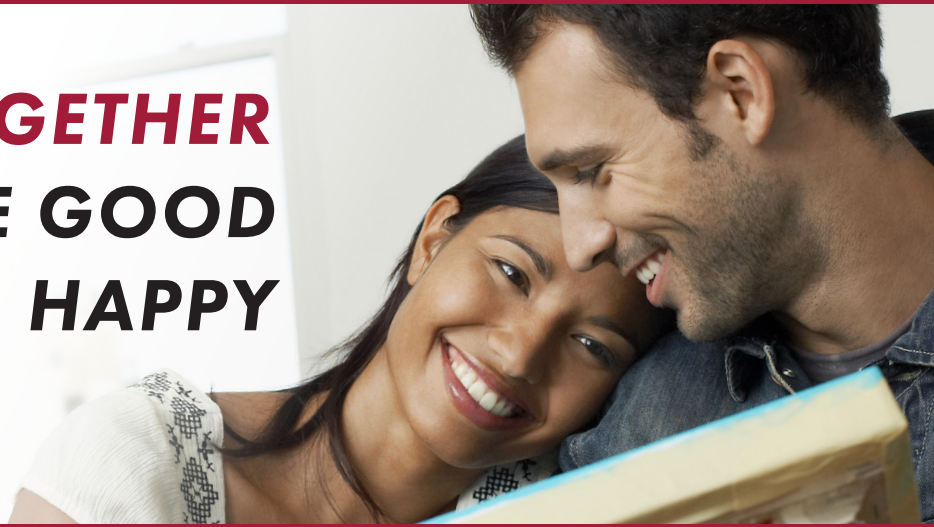
Ultimately, being playful with your spouse is about **creating a playful mindset in your relationship**. While it's important to create time and space to do things together (like this totally awesome date night), it's extremely important to be intentional about incorporating playfulness in the way you interact with and care for each other.

Example: Let's say you plan a super fun date, but you just go through the motions and aren't intentional about being playful and enjoying your time together. That date probably won't be remembered as one of your favorite memories together, and it certainly won't make either of you excited for your next adventure. ***In other words, moments without play and intentionality can leave your relationship feeling empty.***

FULL DISCLAIMER: *Incorporating play in your marriage may sound easy, but actually putting it into practice can be DIFFICULT.*

Especially when you've got kids to take care of, bills to pay, jobs to manage, housework to do, parents and loved ones to look after, friends to stay connected with, etc. For a lot of people, when plates get full of things to do and life gets overwhelmingly busy, we become serious about all of the tasks at hand and kick play out the window. This can create tension in your marriage (and other relationships) and can lead to disconnection over time.

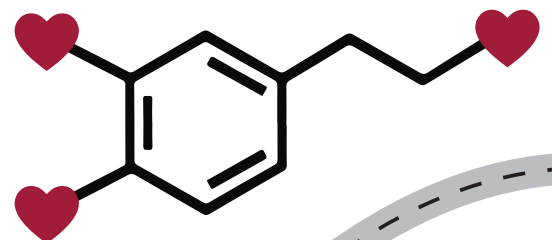
LET'S PLAY TOGETHER THROUGH THE GOOD AND THE BAD, HAPPY OR SAD.



In the words of Al Green, "*Leeeeeettt'ssss, let's play together.*" Or wait. Is it stay together? You know what? Both work! Here's why.

When you play together, your brains release **dopamine** squirts. Dopamine is a chemical that signals happiness and reward. When our brain releases dopamine, it remembers what action caused it to release, and it craves to do that same action again and again because it feels good. **Think of it as creating a healthy addiction to your spouse.**

DOPAMINE



PLAY TOGETHER = STAY TOGETHER

When you're in the act of playing with your spouse, your brain is releasing dopamine and creating pathways of connection. The more you do this, the more you'll begin to desire play and laughter together. AND, the more connected you'll feel in your relationship.

Intentional moments of play = Deeper connection in your relationship

KNEE-TO-KNEE QUESTIONS

*Take a moment to connect and reflect together.
Both of you should respond to each question.*

**HOW DO WE PLAY
IN OUR MARRIAGE?**

**WHAT DO I DO THAT
MAKES YOU LAUGH?**

**WHAT ARE SOME WAYS
WE CAN BE MORE
INTENTIONAL ABOUT
ADDING PLAY INTO
EVERYDAY LIFE?**

LET'S TALK ABOUT PASSION, BABY!

Think back to the beginning of your relationship. Would you say romance and passion were alive and well?

Part of the reason the beginning of romantic relationships are so FUN is because of a chemical called **PEA**. Your brain releases this chemical within the first 2 years of marriage, making the romance and passion come a little more easily. After 2 years, the chemical fades away. This is when many couples fear they've "lost that lovin' feelin'" for good.

But, have no fear. With intentional moments of play in your marriage, passion will stay near.

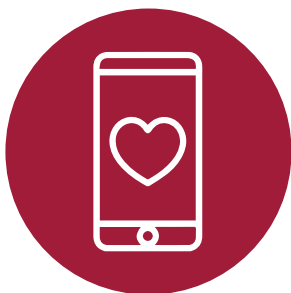
Passion in marriage can be best described as having boundless enthusiasm for your spouse mentally, emotionally, and physically. It's that feeling that lets your spouse know they're more special than anyone else to you, and that there's no one else you share the same vulnerability and connection with. It's making sure your spouse has what they need in your relationship and letting them know you have their best interest at heart.

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Passion doesn't just happen. Much like play, it takes some effort. Here are 3 ways to keep the power of passion alive and well in your marriage:



CREATE ANTICIPATION
*(THROUGH FLIRTY TEXTS,
NOTES AND COMMENTS)*

PRO TIP

Scheduled sex doesn't have to be boring! Use anticipation to flame the fires of intimacy all day long. Flirt with each other like you just started dating!



**BE SPONTANEOUS
WITH EACH OTHER**

PRO TIP

Surprise each other with dinner, flowers, chocolates, tickets to a concert, etc., OR do something as simple as completing a chore that your spouse typically does.



**SPEND TIME TOGETHER
ON A REGULAR BASIS**

PRO TIP

Research shows that couples who spend just 15 minutes a day talking to each other (not about bills, children, home stuff, etc.) are more satisfied in their relationship.

KNEE-TO-KNEE QUESTIONS

**WHAT MAKES YOU
FEEL WANTED?**

**WHEN YOU _____
I'M FILLED WITH
ANTICIPATION TO
BE WITH YOU!**

**WHAT MAKES YOU
FEEL CHERISHED?**



5 DAYS TO *Better* COMMUNICATION IN YOUR MARRIAGE

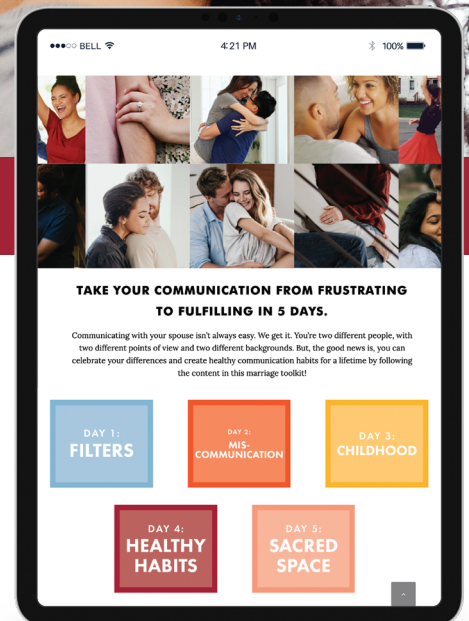


TAKE YOUR MARRIAGE TO **THE NEXT LEVEL!**

PURCHASE OUR **NEW! MARRIAGE COURSE
TO ENHANCE YOUR COMMUNICATION!**

This easy-to-use virtual 5-day course guides you and your spouse to have the **best communication** you've ever had! This course includes exclusive access to:

- 5 downloadable relationship-enhancing PDFs
- Videos full of easy-to-use communication tools
- Questions to ask each other to spark a deeper connection
- Fun activities to guide you through each of the concepts discussed



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