



Sweet & Savory

MARRIAGE 

WRAPPED UP IN YOU



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WELCOME TO
YOUR

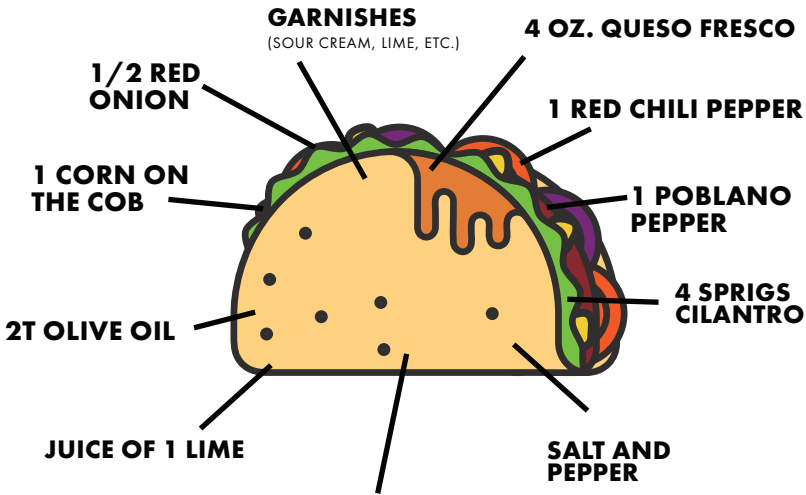
at home

DATE NIGHT!

GETTING STARTED

The key to enjoying this date night is actually treating it like a date night! So take a moment to look into each other's eyes, get work or the kids or whatever filled your day out of your head, and get ready to enjoy a fun night with your favorite person!

EVERYTHING YOU NEED



FOR THE TORTILLAS...

| | | | |
|----------|-------------------|----------|------------|
| 1 CUP | ALL-PURPOSE FLOUR | 3/4 TSP. | SALT |
| 3/4 TSP. | BAKING POWDER | 3/8 CUP | WARM WATER |
| 2 TBSP. | LARD/SHORTENING | | |

- 3 Mixing bowls
- A mixing spoon
- Paper towels
- Cutting board
- A knife
- A grill pan
- A frying pan
- Spatula
- Rolling pin
- A fork
- 3 plates

FLOUR AND WATER DON'T MIX... OR DO THEY?

Making tortillas is not for the faint of heart. It takes quite a bit of stamina to mix the flour and water together to get the consistency just right.

If you use too much water, you'll have a big soupy mess on your hands. If you use too little water, you'll have GLUE. Scratch that, CEMENT.

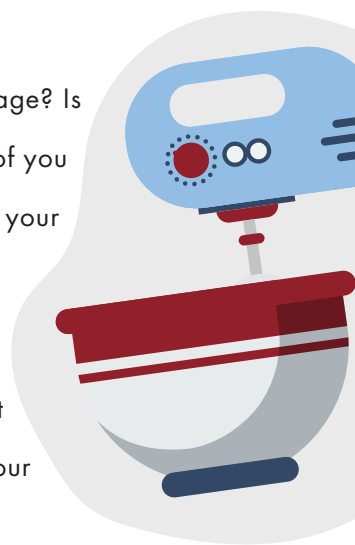
Even though flour and water don't necessarily blend easily together, when the combination is carefully crafted and done well, they make a beautiful, workable dough!

SO, WHAT DOES THIS HAVE TO DO WITH MARRIAGE?

Opposites attract. It's a true cliché. You and your spouse may not be exact opposites, but it's pretty much guaranteed there are at least a few things between the two of you that just don't mix well... or do they?

What are you doing with the differences in your marriage? Is one of you trying to change the other one? Or is one of you trying to just take over? Do you completely avoid your differences and pretend they don't exist?

It's really all about perspective. Instead of focusing on differences as a bad thing, or even as something that needs to be avoided, think about how you can mix your differences together to create something great!



HERE ARE A FEW COMMON EXAMPLES OF DIFFERENCES AND THEIR BENEFITS:

PROBLEM: One of you is a night owl, the other a morning bird.

BENEFIT: Divide chores and responsibilities based on when you wake up and go to bed. The night owl could do the dishes after dinner, and the morning bird could prep for breakfast.

PROBLEM: One of you is a health nut, the other is a health what?

BENEFIT: It's the best of both worlds! Eating healthy is obviously good for you, and the occasional treat is good for the soul. Keep each other balanced.

PROBLEM: One of you is outgoing, the other is a little more reserved.

BENEFIT: What a perfect pair for personal growth. Everyone needs to be stretched and pushed a little. Get out of your comfort zone (from time to time), but remember to stay side-by-side the whole time. Together, you can both lead each other to a healthy balance of self-awareness and understanding.

KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. What are some of our key differences?
2. How can we (or do we) use these differences to our advantage?
3. Fill in the blank: I appreciate our differences because _____ .

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP GOING!

WHEN THE DOUGHIN' GETS TOUGH, REMEMBER THIS...

You've combined the flour and the water to the perfect consistency. Your dough is stretchy, soft and ready to be mixed just a little bit more. As you're working your hands through the mixture, you notice it's a little more difficult to knead and move between your fingers. You consider adding more water... but then you remember what Chef Jeff said during your date night, "If you work the dough too much, it'll turn hard and your tortillas will fall flat."

Overworking the dough is actually pretty easy to do. One minute, you're squishing it around like a master chef, and the next you feel like you're playing with rocks. *How do you know when to stop before the dough gets tough?*

THE ANSWER: Take breaks from kneading the dough and test its consistency by trying to roll it into a soft, squishy ball. Firm dough that's ready to bake or fry will roll into a ball nicely. Dough that hasn't been kneaded enough will struggle to roll into a ball and may fall apart as soon as you pick it up.

SO, WHAT DOES THIS HAVE TO DO WITH MARRIAGE?

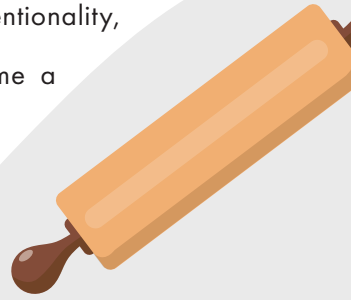
Have you ever gotten stuck in a place of deep frustration and negativity with your spouse? Maybe they did or said one thing that just really rubbed you the wrong way, and now EVERYTHING they do is beyond awful. Or, maybe you've built up some resentment towards them through the years over lots of little things.

Ultimately, you train your brain to see the best (or the worst) in your spouse. Once you harden your mind towards your spouse and stop seeing their positives, it can be difficult to undo. A lot of intentionality, motivation and self-awareness is needed to overcome a generally negative outlook about your relationship. But, it's not impossible to do.

Of course, *it's easier to keep this from happening on the front end than trying to reverse it.* So, check

yourself and your relationship from time to time. Do fun date nights together. Take some time showing and telling your spouse why you appreciate them. Remind yourself why you married them and why you're thankful for them. When they do something that rubs you the wrong way or drives you crazy, have a conversation about it. Ask them about their intentions and share expectations.

Remember, you're on the same team even when the doughin' gets tough.



KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. What are some ways we can "check in" on our relationship to keep negativity and frustration from building?
2. When the doughin' gets tough, how can we help get our relationship back on track and remember we're on the same team?

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP GOING!

RELAX. STRETCH. REPEAT.

Tortillas are flexible so they can be easily wrapped around yummy ingredients and make a full meal. However, their flexibility doesn't come naturally.

After you've mixed the flour and water and kneaded the dough to perfection, you have to let it rest. This time of relaxation allows the gluten molecules to break down so the dough can be easily stretched, rolled out, and transformed into the well-loved tortilla shape.

If you skip the "relaxation" step, you can still roll the dough out. BUT, it will be MUCH more difficult, and the end product won't be as good as it could be.

SO, WHAT DOES THIS HAVE TO DO WITH MARRIAGE?

Marriage should be a place of rest, refuge and safety.

Vulnerability, openness, intimacy, all of those often scary (but much needed) buzzwords are key to building a safe environment in your relationship.

Of course, this is easier said than done. In fact, it may even seem a little bit silly to actively pursue those things on a regular basis, especially when life is SO BUSY. If you're living under the same roof, taking care of the house, the bills, and the children together, *surely your relationship is fine, right?*



THINK ABOUT THIS: When you let your tortilla dough rest, you can't see anything that's happening. The gluten breakdown is microscopic. *It can be easy to skip this part of the process and think it isn't necessary. But, doing so will result in a dough that is hard, unmoldable and not quite ready to be stretched.*

When unexpected things happen in life that cause you to stretch, like the loss of a job, death of a loved one, or a pandemic... your marriage will be put to the test. *You'll begin to roll it out in search of comfort, love and refuge.* If you haven't taken the time to relax with each other and practice vulnerability, openness and intimacy with one another, you'll realize your marriage isn't ready to handle the way life is making you stretch. *Somewhere along the way, you've lost touch with one another.* Somewhere along the way, your relationship has hardened.

Relaxing with each other and creating a safe environment in your marriage requires intentional time and effort.

Spending just 15 minutes a day together talking about your relationship and tuning in to each other can greatly increase your connectedness and intimacy.



Here's one more creative way you can regularly pursue relaxation in your relationship with each other...

3 DAILY POSITIVES: At the end of each day, set aside a few minutes to reflect and rest together. Think of the three best things your partner did for you that day. Next, take turns sharing those things and why they meant so much to you. And don't forget to say, "Thank you."

This exercise focuses on appreciation, which is a very powerful and often overlooked part of communication, connection and intimacy in marriage.

KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. On a scale of 1 to 10, how well do you think we relax together?
2. What is one thing I do that makes you feel safe?
3. What are some ways we can be more intentional about creating a safe, relaxing environment in our marriage?

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP GOING!

IF YOU CAN'T HANDLE THE HEAT, YOU CAN'T MAKE TORTILLAS

The final step of making a tortilla is heating it UP. Adding heat to the dough brings out the flavor of all the ingredients and creates the finished product!

Of course, you have to *be careful not to burn or undercook the dough*. And you have to watch and wait carefully to be sure you flip the tortilla at just the right time so both sides are cooked evenly.



Note: Chef Jeff says the best way to tell when your tortilla is done cooking is when brown spots form on the shell.

SO, WHAT DOES THIS HAVE TO DO WITH MARRIAGE?

In this scenario, heat = conflict. What does heat look like in your marriage? Do you avoid each other? Yell at each other? Maybe one of you reacts by shutting down and the other gets more fired up? Or do you take the time to sit down and work through the issue together?

The heated moments in your marriage can produce a really beautiful, connected, and deep relationship. *Conflict is good. It's normal.* It's all about how you and your spouse handle it.

SOMETHING TO THINK ABOUT: A six-year study on newlywed couples showed an interesting correlation between how a couple begins an argument and whether they stay together. Of the 17 couples who divorced by year six, every single one began conflict discussions with high negativity, usually with one spouse criticizing the other's character ("You're so lazy") and they then became defensive. (As most of us do when we're criticized...)

However, Laurie Puhn, author of *Fight Less, Love More*, agrees that fighting styles play a key role in the health of a relationship. "Fighting to change a person just exhausts you," she says. "Fighting to get a solution to the problem at hand is healthy."

When moments of conflict arise, don't shy away. Don't get scared. Don't shut down. ***Decide that you will fight against the issue at hand and not each other.*** If one of you easily overheats, take 15 minutes to walk away, breathe and think about how you want to respond to the situation instead of reacting on a whim. The same goes for spouses who tend to need time to gather their thoughts before having an argument. Set a timer for 15 minutes, then come back together and tackle the problem at hand.

The more you practice handling the heat in your relationship in a healthy way, the stronger and more connected you will become.

KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. On a scale of 1 to 10, how well do you think we currently handle arguments in our marriage?
2. What are some ways we can improve how we handle conflict together?

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