

FOSTERING CLOSENESS IN YOUR RELATIONSHIP

Directions

Most couples say that they feel closest when they do things together. It's not just the activity itself, but closeness also comes from planning the activity and creating a shared interest and shared memories. Use this worksheet to think about activities you can do with your partner or spouse. Each person should fill out a copy and then you should compare what you both have written to come up with a list of three activities to try out.

Ideas to Help

1. Try saying "No" to outside activities that take too much time and energy away from your relationship. Even if they are activities you enjoy, try to limit the amount of time you put into them.
2. Try community service or volunteer activities.
3. Do things you used to do on dates when you first met.
4. Explore activity groups in your areas using sites like Meetup.com.
5. Take a class together.
6. Introduce your partner to your favorite hobby.

Things You'd Like to Try

Write down six activities you think would be enjoyable for you and your partner.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____
