

## **Date Guide**

(Print this out and take it on your date!)

### **Foreplay: Extended Edition.**

**Step 1: Go someplace different for dinner.**

**Step 2: Initiate the Connection.**

- Find a good place to sit and talk or go for a hand-in-hand stroll.
- Go out dancing.
- Do something physically creative or constructive together. Plant a tree, pick apples, or weed the garden. Talk as you work, and be sure to steal a kiss whenever you get the chance.

**Step 3: Relax and unwind. Ready to answer a few questions?**

- What was your favorite part of the evening?
- What is the one thing you learned tonight that you didn't know about me before?
- How has this date enabled you to put the concept of marital intimacy into the bigger picture of married life as a whole? What do you think it really means to know one another on every level of human experience and interaction? Exactly how does physical intimacy put a bow on this package?
- What are some other ways you can get to know each other better, build intimacy, and engage in simple affectionate contact throughout the coming week?

**Step 4: Home sweet home. Let's plan our next date!**

- Talk about additional ways you can incorporate touch, warmth, and expressions of genuine caring into your relationship.