



## **HELP YOUR MARRIAGE NEWSLETTER**

### **Creative Solutions for Couples Issues**

**951 733-8743**

Arlene H. Johnson, MFT

[www.arlenejohnson.com](http://www.arlenejohnson.com)

Email: [arlene.johnson@counselingforcouplesinhemet.com](mailto:arlene.johnson@counselingforcouplesinhemet.com)

## **HOW TO DEVELOP A CARING AND LOVING RELATIONSHIP**

### **How to Reconnect with your Partner Part II**

**Plan a Date Night.** Make this a regular routine that you place on the calendar. This needs to be a priority that you honor unless there is a mutual agreement or unusual circumstances that prevent you from having your regular date night. Ideally this should be a weekly night out for the two of you. If weekly isn't possible, schedule every other week on your calendar. During this time away, share your memories of how you first met. When did you decide that this was the one that you wanted to spend your life with? What attracted you to each other? Share with each other those times that were special to each of you.

### **Make your Date Night Special**

What will you do that is different? Do you have a favorite restaurant? What about a movie or a performance? Is this a daytime or nighttime activity? Make sure whatever you decide to do that you allow plenty of time to talk to each other.

**Share ideas with each other.** In the last newsletter you were asked to make a list of activities that you could do together. This gives you a good starting point for your date night.

**Why is a date night important?** It is another way of connecting with each other. In order to rebuild a caring and loving relationship together, it is important to spend quality time together. It is important to make your relationship a priority in your family life. I encourage you to take action on at least one of these suggestions.

Until next time. Arlene H. Johnson 951 733-8743