

A photograph of a man and a woman embracing in front of a window. The man is on the right, wearing a white t-shirt, and the woman is on the left, also in a white t-shirt. They are both looking out the window. The image is overlaid with a semi-transparent white rectangle containing text and a logo.

Deepen Your Connection

BUILD A STRONGER
RELATIONSHIP FOR LASTING
CONNECTION AND
UNDERSTANDING.



YOUR
Functional Health

DEEPEN YOUR CONNECTION

Activity #1:

LEARN MORE ABOUT YOURSELF AND YOUR PARTNER

SIT DOWN IN A COZY PLACE WITH YOUR PARTNER AND TAKE SOME TIME TO LEARN MORE ABOUT ONE ANOTHER. HERE ARE SOME FUN QUESTIONS TO ASK EACH OTHER THAT MAY TEACH YOU SOMETHING NEW.

1. WHAT IS ONE OF THE BEST CHILDHOOD MEMORIES YOU HAVE?
2. WHO WAS YOUR ROLE MODEL GROWING UP?
3. WHAT IS ONE SKILL YOU WOULD LIKE TO LEARN IF TIME AND MONEY WEREN'T A FACTOR?
4. WHERE WOULD YOU LIKE TO TRAVEL TO IF WE COULD PICK UP AND LEAVE TODAY?
5. IF YOU WOULD START ALL OVER AGAIN, WOULD YOU CHOOSE THE SAME CAREER OR TRY SOMETHING DIFFERENT?
6. IF YOU WERE A MEMBER OF A BAND, WHICH MEMBER WOULD YOU BE? (LEAD SIGNER, GUITARIST, DRUMMER)
7. WHAT SONG WOULD YOU SING AT A KARAOKE BAR?
8. WHAT WAS YOUR FAVORITE THING TO DO DURING RECESS?
9. WHAT IS ONE OF THE MOST EMBARRASSING THINGS TO HAPPEN TO YOU? HOW DID YOU HANDLE IT?
10. WHAT WAS YOUR FAVORITE TV SHOW AS A KID?
11. WHAT IS ON YOUR BUCKET LIST? LIST THREE THINGS YOU WANT TO DO BEFORE YOU DIE.
12. IF YOU COULD BE A DISNEY CHARACTER, WHO WOULD YOU BE?
13. IF YOU COULD GIVE UP ONE CHORE FOR THE REST OF YOUR LIFE, WHICH CHORE WOULD IT BE?
14. WHAT WAS YOUR BEST FAMILY VACATION?
15. IF YOU COULD HAVE ENDLESS KNOWLEDGE IN ONE SUBJECT, WHAT WOULD IT BE?

DEEPEN YOUR CONNECTION

Activity #2:

WOULD YOU RATHER? CAN YOU PREDICT YOUR PARTNERS ANSWERS

THIS TIME, ONE PARTNER WILL GUESS WHAT THE OTHER PERSON WOULD HAVE PICKED IN THIS WOULD YOU RATHER GAME.

WOULD YOU RATHER...

1. LIVE ON A FARM OR IN A BUSY CITY?
2. GO ON A CULTURAL VACATION OR SIT BY THE POOL AT A FIVE STAR RESORT?
3. GO FOR A HIKE OR GO TO THE GYM?
4. LIVE IN AN RV OR ON A BOAT?
5. TRAVEL TO SPACE OR THE DEPTHS OF THE OCEAN?
6. HAVE YOUR DREAM HOME OR YOUR DREAM CAR?
7. SPEND THE DAY AT THE BEACH OR IN THE MOUNTAINS?
8. HAVE A MARTINI OR A BEER?
9. BE A GENIUS OR BE INCREDIBLY ATHLETICALLY TALENTED?
10. HAVE MORE MONEY OR MORE TIME?
11. HAVE YOUR ONLY MODE OF TRANSPORTATION BE A DONKEY OR A GIRAFFE?
12. HAVE YOUR OWN CHAUFFEUR FOR YOU AND YOUR FAMILY OR YOUR OWN PRIVATE JET?
13. PRESS THE REWIND BUTTON OR THE PAUSE BUTTON ON YOUR LIFE?
14. BE ABLE TO READ PEOPLES MINDS OR TELEPORT YOURSELF FROM PLACE TO PLACE WITHIN SECONDS?
15. STAY IN A COOK DINNER TOGETHER FOLLOWED BY A GOOD MOVIE, OR GO OUT FOR A DATE NIGHT?

DEEPEN YOUR CONNECTION

Activity #3:

LEARN WHAT EACH OTHER DESIRES.

REVIEW THE FIVE LOVE LANGUAGES AND TALK WITH EACH OTHER ABOUT THE WAYS IN WHICH YOU BEST RECEIVE LOVE. THESE LOVE LANGUAGES WERE ORIGINALLY LEARNED FROM THE BOOK *THE FIVE LOVE LANGUAGES* BY GARY CHAPMAN. EACH PARTNER MAY FEEL THAT THEY ARE LOVED AND CARED FOR THROUGH DIFFERENT GESTURES. WHICH OF THE FOLLOWING ACTIONS MAKE YOU FEEL THAT YOU ARE LOVED? WHAT ARE YOUR TOP TWO LOVE LANGUAGES?



WORDS OF AFFIRMATION:

THIS IS WHEN YOUR PARTNER SPEAKS KINDLY TO YOU AND OF YOU. EXAMPLE ACTIONS ARE WHEN YOUR PARTNER ENCOURAGES YOU, LETS YOU KNOW THAT YOU ARE DOING A GREAT JOB, TELLS YOU WHAT THEY LOVE ABOUT YOU OR HOW YOU INSPIRE THEM, WRITES YOU UNEXPECTED NOTES/CARDS, SENDS YOU A MESSAGE LETTING YOU KNOW YOU ARE LOVED.



QUALITY TIME:

THIS IS WHEN YOUR PARTNER SPENDS TIME WITH YOU THAT IS FOCUSED ON YOUR CONVERSATION OR ACTIVITY THAT YOU ARE DOING TOGETHER. EXAMPLE ACTIONS WOULD BE TO SET UP A DATE NIGHT, DISCUSS A GOOD BOOK OR MOVIE, TAKE A WALK TOGETHER, OR PLAN A WEEKEND GETAWAY.



RECEIVING GIFTS:

THIS LOVE IS SHOWN WHEN YOUR PARTNER BRINGS SOMETHING UNEXPECTED TO YOU. EXAMPLE ACTIONS WOULD BE TO BUY YOUR PARTNER SOMETHING THAT THEY ARE VOICED THEY WOULD LIKE BUT HAVEN'T GOTTEN FOR THEMSELVES, GET YOUR PARTNER A MEMBERSHIP TO A CLUB THEY HAVE BEEN WANTING TO JOIN, COME HOME WITH SOMETHING SPECIAL (CAN BE AS SMALL AS A COFFEE) THAT YOU KNOW YOUR PARTNER ENJOYS.



ACTS OF SERVICE:

THE RECEIVING PARTNER MAY FEEL LOVED WHEN YOU GO OUT OF YOUR WAY TO HELP WITH SOMETHING THAT NEEDS TO GET DONE. EXAMPLES OF THIS WOULD BE TO TAKE YOUR PARTNER'S CAR FOR AN OIL CHANGE, PICK UP THE KIDS FROM SCHOOL WHEN YOUR PARTNER IS OVERWHELMED WITH WORK, MAKE DINNER WHEN IT IS NOT YOUR TURN TO DO SO.



PHYSICAL TOUCH:

A PARTNER WHO VALUES THIS ACT OF LOVE DESIRES NON VERBAL LANGUAGE TO SHOW YOUR LOVE. EXAMPLES WOULD BE HOLDING YOUR PARTNER'S HAND, GIVING A HUG OR KISS WHEN NOT PART OF A ROUTINE, AND MAKING INTIMACY A PRIORITY.

DEEPEN YOUR CONNECTION

Activity #4:

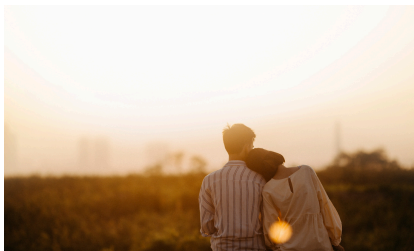
WHAT TO DO NEXT...

NOW THAT YOU HAVE LEARNED MORE ABOUT YOUR PARTNER AND LEARNED ABOUT HOW THEY BEST RECEIVE LOVE, COME UP WITH A FEW THINGS YOU CAN DO WITH OR FOR YOUR PARTNER TO SHOW YOUR LOVE. GO TO THE LOVE LANGUAGES THAT YOUR PARTNER HAS EXPRESSED THEY VALUE MOST AND WRITE DOWN 3-5 THINGS YOU CAN DO TO SHOW YOU LOVE THEM. THIS MAY SEEM AWKWARD AT FIRST BUT LET YOUR PARTNER KNOW YOU ARE TRYING!



WORDS OF AFFIRMATION:

(EXAMPLES: LEAVE YOUR PARTNER A NOTE IN WITH THEIR LUNCH, CONGRATULATE YOUR PARTNER ON THEIR ACHIEVEMENTS, SEND A TEXT WITH THE REASONS YOU LOVE THEM)



QUALITY TIME:

(EXAMPLES: SCHEDULE A DATE NIGHT, PUT YOUR PHONE AWAY DURING MEALS, HAVE BREAKFAST IN BED ONE MORNING)



RECEIVING GIFTS:

(EXAMPLES: PURCHASE THAT ITEM THAT HAS BEEN SITTING ON YOUR PARTNER'S WISH LIST, BRING HOME A COFFEE FOR YOUR PARTNER WHEN RETURNING FROM RUNNING AND ERRAND)



ACTS OF SERVICE:

(COMPLETE AN ITEM THAT IS ON YOUR PARTNER'S TO DO LIST THAT THEY DON'T ENJOY DOING AND THAT THEY WOULDN'T EXPECT YOU TO DO)



PHYSICAL TOUCH:

(EXAMPLES: SNUGGLE WITH YOUR PARTNER ON THE COUCH WHEN WATCHING A MOVIE, HOLD THEIR HAND IN THE CAR, KISS YOUR PARTNER WHEN THEY LEAST EXPECT IT)