



## Ways We Like to Share



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*Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.*

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**Objective:** Clients will identify individual and shared interests and activities that they can do together to strengthen their relationship.

**Audience:** This tool will help couples identify activities and tasks they can do to help them spend more meaningful time together.

**Estimated Time:** 20-25 minutes

**Educator Instructions:** Before reading the instructions on the tool, start with the Discussion Starter below or something similar. Review the items listed and allow clients to come up with their own lists of individual and shared interests. After they have time to come up with examples, take a moment to talk about their responses. Talk about selecting activities from each other's lists from time to time to help them discover more ways to connect.

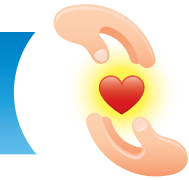
**Discussion Starter:** When couples first meet, they do a variety of things to get to know each other better and to learn their common interests. Over time, partners get busy with work, household tasks, and taking care of kids and tend to spend less time nurturing their relationship. No matter how long couples have been together, it is still important to find ways to spend meaningful time together – whether that involves doing fun activities or working together on chores. The key is to maintain a connection. This tool will help you think about the types of things you enjoy doing on your own, as well as the types of activities you enjoy doing together. A list of suggestions is also provided – you might find another thing or two that will help you spend meaningful time together.

**Follow-up:** During your next visit, ask how clients used the lists to come up with simple ways to spend time together and find common interests. Did they discover new activities they enjoy doing together?





# Ways We Like to Share



Over time, because couples get busy with work, chores, and family responsibilities, they spend less time focused on each other. No matter how long couples have been together, it is still important to find ways to spend meaningful time together. Small moments of connection can add up to deep intimacy and passion.

Following is a list of some simple things couples can do together to nurture positive interactions.

- |                                            |                                         |
|--------------------------------------------|-----------------------------------------|
| 1. Call or text just to say, "I love you!" | 11. Plan a vacation                     |
| 2. Go for a walk                           | 12. Send funny/flirty emails or texts   |
| 3. Cook dinner or dessert together         | 13. Watch a sunset or look at the stars |
| 4. Volunteer together                      | 14. Have a tickle fight                 |
| 5. Attend a sporting event                 | 15. Plant flowers or a tree             |
| 6. Play cards or a board game              | 16. Flirt like you just met             |
| 7. Go to a free community event            | 17. Hold hands                          |
| 8. Listen with all your attention          | 18. Make up a song                      |
| 9. Do household tasks together             | 19. Go to the park                      |
| 10. Ask about each other's day             | 20. Write love notes                    |

Now come up with your own lists of ways to share and spend meaningful time together.

There are probably some hobbies or activities you like to do together, as well as some things that one of you likes to do but the other does not enjoy as much. Take some time to write down a few things you each like to do, as well as a few things you like to do together.

I like to:	My partner likes to:	We both like to:
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____
7. _____	7. _____	7. _____
8. _____	8. _____	8. _____
9. _____	9. _____	9. _____
10. _____	10. _____	10. _____

From time to time when you select an activity, try out something from each other's lists. You might discover more activities you enjoy doing together!

***Small moments together add up to a stronger friendship and deeper connection.***