BUILDING TRUST & CONNECTION

A PICK-TOGETHER MENU



The Too-Tired-for-Date-Night Menu

Check in with your energy first. Each of you picks one thing you might enjoy tonight. If your choices overlap, you have a plan. If nothing appeals to both of you, change the menu or try another night.

Running on empty	Play one song you used to love. Sit by the open window with tea. Look at one photo that still makes you smile.
A little fuel left	Walk to the corner and back. Trade the funniest thing you heard this week. Make toast with the good jam and split it.
Up for something more	Pick a new dessert spot. Cook a dish one of you grew up with. Take turns choosing songs for a drive.

My pick for tonight

What sounds good at the energy I actually have?

Your pick for tonight

What sounds good at the energy you actually have?

Our shared yes, when we'll try it, and for how long

Afterward ask, "Which part would you like to do again?" The answer can be just one detail.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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