

Adjusting for Life: Relationship Rescue

OUR MARRIAGE MEETING

Planner: Shellee
Date: June 19,2010

DINNER: RESERVATIONS AT COOL BEANZ

[Busy week – no time to cook so we will go to hubby’s favorite restaurant. Dinner doesn’t have to be fancy or expensive, just something relaxing that you can enjoy together]

BONDING ACTIVITY: WALK AROUND THE LAKE AND FEED THE DUCKS

[The lake is right by the restaurant - we both like to walk there. Especially at sunset! Choose a low-stress activity that allows you to build on the connection from dinner]

COMMENT BOX: MEETING TO BE HELD AT PICNIC TABLE IN BACK YARD

1. Review Rules
 - a. No Interrupting.
 - b. No walking away or clamming up.
 - c. No blaming, name-calling, or hostility.
 - d. No mindreading. ASK don’t assume.
 - e. Call for a 10 minute break if needed.
 - f. Remember we love each other!

[These are **our** rules – yours will be tailored to fit the two of you. Be sure to review them BEFORE you open the box and start talking]

2. Discuss Contents

[Our box contained 2 slips from me and 1 from the hubby. Topics included division of labor (one of us was tired of doing all the dishes); a misunderstanding about scheduling which led to hurt feelings; and a disagreement about an upcoming trip destination.]

3. Seal with a Kiss

[This is an important part of the ritual for us. It signifies that we are still connected; that the conflict has not changed our feelings for each other. It helps us “close up” the comment box]

FUN ACTIVITY: OUTDOOR MOVIE NIGHT!

[I set up a little “tent” in our backyard & filled it with pillows. Then I ran by Redbox and grabbed a couple scary movies (hubby’s favorite kind) to watch on the laptop. Fun!]