



JOINED AT THE HEART  
EMOTIONAL INTIMACY FOR BUSY COUPLES

**DATE**  
**NIGHT**   
INBOX

# WANT TO BUILD A SECURE, FULFILLING RELATIONSHIP? EMOTIONAL INTIMACY IS KEY.

Emotional intimacy is the glue that keeps a relationship strong. Your season of life and busyness can greatly impact your level of connectedness. This date night will help you to refocus on one another and rekindle your connection. If you learn how to stay in tune with each other, your bond will stay strong—no matter the season. This date night helps you refocus on one another to rekindle and maintain a close emotional bond that stands the test of time.



**T**his date night involves focused conversation so it's best suited to a cozy night at home after children are in bed. Grab writing utensils, paper, your favorite snacks, and get ready to get closer.





## IT'S ABOUT TIME

Emotional intimacy requires two things to stay connected: time and focused attention. Your priorities are reflected in where you spend your time. To begin your date night, have each spouse answer the following questions:

## How much time do you each spend on the items below in a day?

(Estimates are OK here, not exact amounts)

**Exercise:** \_\_\_\_\_

**Self-care** (meditation, journaling, reading, catching up on Netflix): \_\_\_\_\_

**Socializing with friends** (including social networking and text): \_\_\_\_\_

**Other screen time** (video games, other non-work-related web browsing): \_\_\_\_\_

**Parenting/childcare:** \_\_\_\_\_

**Cooking:** \_\_\_\_\_

**Chores:** \_\_\_\_\_

**Pet care:** \_\_\_\_\_

**Communicating/Connecting with my partner:** \_\_\_\_\_

**Shared downtime** (watching a movie together, going for a walk, etc.): \_\_\_\_\_

**Doing things that directly benefit my partner** (taking care of his/her car, doing chores for him/her, making romantic gestures): \_\_\_\_\_

**Other:** \_\_\_\_\_

**Discussion Time:** Share your list with your partner. How well do you feel you knew your partner? Do you feel in sync or did it reveal you could dig deeper in discussion with one another?

## SEE AND BE SEEN

Emotionally intimate couples seek to know their partner as a whole person, their personal story, passions, fears, and struggles. This begins with knowing your partner's past history, present reality, and future dreams. Have each partner answer the following questions:

**PAST:**

What is your favorite childhood memory? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Who was your childhood best friend and what was their name? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Did you have a childhood pet? What type and what was their name? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**PRESENT:**

What is one of your biggest daily frustrations? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

If you could learn about any one subject right now, what would you choose? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

If you could have dinner with anyone currently living or dead, who would it be and why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**FUTURE:**

Do you have any goals for personal development this year? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Where do you see us in five years? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

When do you hope to retire? Do you have any dreams for when you retire (i.e. travel, where you want to live, buying a house somewhere)? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Discussion Time:** Compare your answers with your partner's. How well do you feel you knew your partner? Do you feel in sync or did it reveal you could dig deeper in discussion with one another?

# KEEP THE CONNECTION STRONG

Take the time to learn about your dreams, hopes, and desires. The more you spend time and focused

attention to connect, the stronger your emotional intimacy will be.

**Fun Idea:** A game that features questions to help you better connect is Vertellis—Relationship Edition. (<https://bit.ly/2BjXuOJ>) Keep these cards around for drives and date nights to dig deeper. And, have fun!





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