



Ten Commandments for
DATING YOUR SPOUSE
 WILLIAM DOHERTY

I. You fell in love while dating, so make it a priority now.

I once counseled a couple who fell in love on a dance floor, but the last time they had danced was twelve years ago at their wedding reception!

II. Make a list of what you enjoy doing together, and try out the top ones.

III. Date alone as a couple, not with friends or kids—otherwise, it’s not a date.
 Two’s company and three’s a crowd.

IV. Make sure your dates allow time for couple conversation;
 don’t just drive to a movie, sit silently, and drive home.
 The best dates involve something you both enjoy doing
 and having a chance to talk without being hurried.

V. Look for ways to make date conversations more intimate than everyday ones.

Imagine you are catching up with a dear friend.
 Being away from home and relaxed can open up opportunities
 to be more personal and intimate—like when you were courting!

VI. Don’t talk about household problems and decisions on a date.

That’s domestic work, not dating. Why bother going out to only talk about logistics?

VII. Don’t talk about your couple problems on a date.

That’s relationship work, not dating, and you will start avoiding dates because
 at least one of you will think that “date” means challenging conversation
 about what’s wrong in your relationship.

VIII. Have at least two dates per month if possible.

Make it automatic, not unusual, that you will go out together. Some will be okay,
 some good, and some great. Repetition means that they all don’t have to be “Wow.”

IX. Share the responsibility of logistics (baby sitters, reservations, etc.)

so that neither of you feels the sole burden of planning dates.

X. When on a date, remind yourself that you are there for your relationship,

not just for the activity. Even if the food is bad, the movie boring, or the rain ruins
 your walk, remember that you are on a date to keep your love alive.



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