

# Radical Romance

Loving Passionately Ever After



## 4 TYPES OF ONE-WAY DATES

**Date #1:** Create a romantic experience for your partner.

**Date #2:** Your partner creates a romantic experience for you.

**Date #3:** Create a romantic experience for yourself.

**Date #4:** Your partner creates a romantic experience for their self.

## Suggestions

**1: Co-create it.** Discuss and commit on the plan together.

**2. Schedule it.** Schedule your dates months or even a year in advance and designate the type of date on your calendar.

**3. Plan it.** Plan the details of your dates ahead of time.

**4. Own it.** Design the romantic experience of your dreams or of your partner's dreams without compromising and make each date unique.

**5. Budget it.** Set agreements around the amount of time and money you are able to invest in your one-way dates.

**6. Enjoy it.** Have a positive attitude for each date, otherwise you and your partner will not have the experience you deserve.

**7. Scratch it.** Don't plan a date based on what your partner did last time, start each date with a blank slate.

## RELATIONSHIP JOURNAL STEPS

**Step #1:** Purchase one or two blank books or spiral notebooks.

**Step #2:** Schedule at least 30 minutes for this process, preferably at least three times per week. Agree on a time and place.

**Step #3:** When the time comes, drop whatever else you are doing and create an intimate space.

**Step #4:** Make your entry in the Relationship Journal. Do not look at your partner's entry until you have finished yours.

**Step #5:** Read each other's entry and ask clarifying questions in a neutral, nonjudgmental, non-defensive manner.

**Step #6:** Start by acknowledging your partner's appreciations, then ensure each issue has a matching need identified; if not, assist your partner to identify what unmet need is underlying their issue.

**Step #7:** Discuss the needs one by one. Negotiate. Brainstorm. Be open and flexible with your outcomes and find the win-win solution.

**Step #8:** Record agreements/solutions in your Relationship Journal.

**Step #9:** Keep all agreements!

**Step #10:** Closing ritual.

*Make your life together your greatest adventure.*

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