

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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