

Design a Date

The Interview Date

Do you know that your spouse isn't the person you married?

It's true because we change and grow over the years and sometimes we don't stay connected to each other's hearts in a way that allows us to be aware of those changes. Life gets busy and our communication becomes about the logistics of life rather than what's going on inside our spouse's head and heart.

This date is designed to tune into each other's heart and mind. You can do this at home or away from home. Over dessert, you'll interview each other. The key to making this date successful is that when you're asking the questions you maintain a curious mindset. You listen to understand, and you resist the urge to add any of your own thoughts or comments.

Your only response when you're interviewing is something affirming like "Thank you for sharing." Or "That's good to know." You can also invite them to share more by simply saying, "Tell me more about that."

Once one person has answered all the questions, switch roles!

- What's something you love to do and haven't done in a while?
- What are three words you feel best describe you?
- What's the best thing about being the age that you are right now?
- What do you worry about the most?
- What helps you feel better when you're upset or stressed?
- What would you like us to do more of as a couple?
- If we could live anywhere in the world, where would you like to live?
- What's the most beautiful place you've ever seen?
- What's one thing on your bucket list that you'd like to do sometime?
- What are you most proud of in your life?
- What's weighing heavy on you right now?
- What's the most surprising thing that happened to you last year?
- What do you think your best qualities are?
- What's one way I can be praying for you right now?

Remember: good marriages don't just happen. They're created one conversation at a time!