

Things to Do for Romantic Couples

Stick this in a place you can see it every day.

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1. **Go On A Date Each Week.** The date must last no less than one hour and no more than three hours. Whatever you do, both must agree that it constitutes a romantic date.

2. **Buy and Read these books:** *Available in audio format also*
 - His Needs Her Needs *By Dr. Willard Harley (Available at any Christian book store)*
 - Empowering Couples *By Dr. David Olsen (Only available online)*
 - The Five Languages of Love *(Available at any Christian book store)*
 - Sheet Music (Sexual intimacy) *(Available at any Christian book store)*
 - From Anger to Intimacy *By Dr. Gary Smalley and Ted Cunningham (Available at any Christian book store)*
 - Fall in Love Stay in Love *By Dr Willard Harley) (Available at any Christian book store)*

3. **Watch the Videos:** *Available at the local book shop*
 - “Making the best out of Marriage”** Brennen’s video online (#3)
www.soencouragement.org/video
 - “Fire Proof”** *A great 2008 movie about making your marriage “fire proof”*
 - “Preacher’s Wife”** *Staring Denzel Washington and Whitney Houston.*
 - “A Vow to Cherish”** *Available at any local book store in or DVD format.*
 - “Hope Springs”** *At local video stores or online. Starring Meryl Streep & Tommy Lee Jones*

4. **Permanent Features in Your Romantic Relationship:**
 1. Have a date night once a week. *(At home or out)*
 2. Check in to a local hotel for one night once or twice a year.
 3. Have at least a one or two weeks vacation each year with each other.
 4. Kiss for a least 5 to 20 seconds each day. This is deep wet kissing.
 5. Make one general compliment about your spouse every day at any time.
 6. While winding down for the night, make a specific compliment about something your spouse did that day.
 7. Show appreciation to your spouse at least once every day.
 8. Hug each other when you first see each other in the morning for 20 seconds.
 9. Make love at least once a week.
 10. Have daily family/couple devotion (if you are religious).
 11. Dance together occasionally in your home (while hold each other closely)
 12. Spend time having fun together at least once a week.
 13. Go to bed the same time at least three nights a week.

5. **Brennen’s Seven Basic Ingredients for a Healthy Romantic Relationships**
 1. Humility. Willingness to adjust. A teachable spirit. Lead together.
 2. Commitment to a non-judgmental attitude
 3. Knowing and understanding each other’s needs and know how to meet them.
 4. Effective communication and good conflict resolution skills.
 5. Listening with the heart and not just with the head.
 6. Being a committed spouse, each other’s intimate friend, lover and sweetheart.
 7. Having a harmonious couple financial plan.

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