



BACK TO EACH OTHER • BONUS 2

# The Lazy Date Night Bank

*A year of dates for two people too tired to plan one.*

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closen

*Closer, a little each day.*

## Before you pick one

Here's the honest premise: your problem was never a shortage of date ideas. The internet has millions, and most of them assume a version of you that stopped existing somewhere around the second car seat — one with a babysitter on call, a free Saturday, and the energy to be charming in a restaurant.

This bank has one rule, and every one of the 52 ideas in it passes it: **everything here works on a real Tuesday night.** At home, kids asleep upstairs, ten minutes of prep or less, fifteen dollars or less — usually zero — and nothing that requires getting dressed, booking anything, or leaving the house.

The ideas are sorted by the only measure that matters at nine p.m.: **how much you have left.** Wrecked? Tier 1 asks nothing of you except being within arm's reach. A little left in the tank? Tier 2. One of those rare nights the house is actually yours? Tier 3 has been waiting for it.

**How to use it:** this is a bank, not a program. There's no order, no streak, and nothing to fall behind on — an idea you don't use tonight is still there in March. Don't browse all 52 in one sitting; that's a chore. On the night, know your tier, pick the first idea that doesn't make you sigh, and do that one.

And no — you don't need to brief him first. Nothing in here needs explaining, selling, or a warm-up conversation. Start one; he'll join.

*(If you're doing the 30 days and you've set your weekly slot — Day 29 — this is what fills it, for the next year.)*

# Nights You're Both Wrecked

*For the nights when the word “date” sounds like one more demand. Nothing in this section asks you to leave the couch, make anything, or be good company. The bar is set low on purpose — most of these work even when talking feels like effort. The only real rule: same room, same hour, phones somewhere else.*

- 1 **The Phone Basket** — At 9:30, both phones go in a bowl in the kitchen, screens down, for 45 minutes. You don't have to talk; you just have to be unreachable together.
- 2 **One Cushion Closer** — Watch exactly what you were going to watch anyway — but close enough to touch: your legs over his lap, his arm around you. Same show, less distance.
- 3 **The Two-Song Slow Dance** — Kitchen, socks, lights low. You pick one song, he picks one. Nobody's watching, and it's over in seven minutes.
- 4 **Highlight / Lowlight** — Lights off, in bed: each of you answers “best thing today, worst thing today.” No fixing allowed, no follow-up required.
- 5 **The Back-Rub Trade** — Set a timer: five minutes each, TV allowed, talking optional.
- 6 **The Camera Roll Time Machine** — Open your photos from exactly five years ago this month and scroll together for ten minutes. Comment on whatever surfaces.
- 7 **One Memory Each** — Each of you tells one story from before the kids that the other might have forgotten. One each — then you're free to go.
- 8 **One Puzzle, Two Heads** — One crossword or word game, one screen or one page, both of you on it. Teamwork with zero conversation pressure.
- 9 **Feet on Lap** — The lowest bar in this book: her feet on his lap (or his on hers) for the length of an episode, one hand resting there. Contact without a plan.
- 10 **The Lights-Off Album** — Twenty minutes of music you both loved at 25, lights off, no screens. Falling asleep counts as success.

- 11 **The Split Dessert** — One dessert, two spoons, no phones until it's gone. Slower is the point.
- 12 **One Blanket, Two People** — Drag the duvet to the couch. Whatever you watch tonight, you watch it under the same blanket — sharing forces proximity.
- 13 **The Shoulder Nap** — One of you gets twenty minutes to fall asleep on the other. The other keeps the volume low and doesn't move. Tomorrow you swap.
- 14 **Guess My Day** — Before you tell him anything about your day, he has to guess three things that happened. Then swap. Wrong guesses are the fun part.
- 15 **The Year-You-Met Playlist** — Each of you queues one song from the year you got together. Play both. That's it — two songs, and two stories if they come.
- 16 **Read Me Something** — Each of you reads the other one paragraph from whatever you're already reading or scrolling — the article, the thread, the ridiculous post. A two-minute window into each other's heads.
- 17 **The Joint Cancellation** — Look at this week, pick one thing you can both live without, and cancel it — together, tonight. The date is the hour you just got back.
- 18 **Two Minutes in the Dark** — After lights out, stay facing each other for two minutes before you turn over. Say anything, or nothing.
- 19 **The Fancy Glass** — Pour whatever you were drinking anyway — wine, coke, tap water — into the good glasses. Clink. Somehow, it works.
- 20 **Best of Five** — Thumb war, rock-paper-scissors, whatever. Best of five; loser makes tomorrow's coffee. Stakes turn thirty seconds into a date.

# Nights With a Little Left in the Tank

*You've got something left tonight — not much, but something. Everything here takes ten minutes of prep or less, uses what's already in the house, and is done before eleven. This is where “we should do something” becomes something you actually did.*

- 21 **The Fridge Tapas** — Ten minutes: everything vaguely snackable in the house, arranged on one board, eaten picnic-style on the living-room floor. Presentation does all the work.
- 22 **The Two-Ingredient Bar** — Each of you invents one drink from whatever's in the house — cocktail or not. Taste both, name them, declare a winner.
- 23 **Dance Like Idiots** — One loud song. Terrible dancing is mandatory; being watched is the point this time.
- 24 **Candlelit Whatever** — Tonight's completely normal dinner — leftovers included — but with candles, real napkins, and phones in another room. The food doesn't change; the table does.
- 25 **The Question Jar** — Tonight: write five light questions each on paper scraps (“what would you do with a free Tuesday?”), fold them, jar on the shelf. Any night after: pull one. Ten minutes now, a dozen small dates later.
- 26 **Best of One** — The shortest board or card game you own, one round only. Loser handles the kitchen tomorrow.
- 27 **The No-Strings Massage** — Fifteen minutes each, bedroom, the good lotion. Say it out loud before you start: “no strings tonight.” That sentence is the whole trick — it's what lets both of you actually relax.
- 28 **The Pantry Mystery Box** — One of you picks three ingredients already in the house; the other has twenty minutes to make something edible out of them. Judge generously.
- 29 **The Doorstep Nightcap** — Two drinks, jackets over pyjamas, ten minutes on the balcony or the front step. You're not going out — you're just stepping outside the house's gravity for a minute.

- 30 The Vault Night** — Dig out the wedding photos or video — or the earliest album of the two of you that exists — and give it fifteen minutes. Narrating over it is encouraged.
- 31 Three Lines, Sealed** — Each of you writes the other exactly three lines, folds the paper, swap. Read silently. No discussion required — that's what makes it easy to write honestly.
- 32 Learn the Dumb Dance** — Pick one 30-second dance from whatever app the internet is laughing at this month and learn it together. Filming optional, deleting allowed.
- 33 The Blindfold Taste Test** — Five things from the fridge, one spoon, one blindfold. Guess each one; swap roles. Sillier — and weirdly closer — than it sounds.
- 34 The Kitchen Snob Flight** — Three of anything you already have — chocolates, cheeses, biscuits — tasted in order and ranked with completely unearned seriousness. Wine glasses optional but recommended.
- 35 The Standing Jigsaw** — Start a puzzle on a tray tonight — twenty minutes — and let it live on the sideboard all month. It becomes a date you never have to plan again.
- 36 The Built Movie Night** — Not just "a movie": one of you picks the film, the other builds the snacks, lights off, phones in another room, and a ten-minute intermission in the middle — for talking, or for more snacks.
- 37 The Oldest Texts** — Scroll to the earliest messages between you that still exist and read the best ones aloud. Cringe is part of the deal.
- 38 The Sundae Swap** — Each of you builds the other's dessert (or hot chocolate) from memory of exactly how they like it. No asking allowed. It's a quiz disguised as dessert.
- 39 One Controller, Two Players** — Whatever game lives in the house — console, phone, chess app — head to head, or taking turns every time one of you crashes. Trash talk is allowed and encouraged.
- 40 The Dream House Tour** — Ten minutes on a property app: each of you finds the other one absurd dream house and gives the guided tour. Budget: unlimited, imaginary.

# Nights You Actually Have the House (or an Hour)

*Every so often the stars align: grandparents volunteer, a sleepover happens, or an evening turns up with nothing in it. These twelve are for those nights — still at home, still nothing to book — but built for the three things you suddenly have back: noise, space, and time.*

- 41 **The Full-Volume Kitchen** — The kids are elsewhere: cook the one meal they always veto, with music at a volume you haven't used since before they were born. Dinner's ready when it's ready.
- 42 **Dinner in Courses** — Same food as always, split into three small courses with a real pause between each. Nobody needs feeding, cutting up, or fetching — the luxury isn't the menu, it's the pace.
- 43 **Karaoke for Two** — Lyrics videos on the TV, two songs each, full commitment. Scoring is optional; embarrassment is guaranteed and mutual.
- 44 **The Bath and the Floor Seat** — One of you runs the other a bath and brings them a drink — then sits on the bathroom floor and keeps them company. Talking happens on its own in there.
- 45 **An Early Night** — Go to bed at 9:30 on purpose, together, with no goal except not being exhausted for once. See what an evening looks like when nobody's running on empty.
- 46 **The Ten-Photo Edit** — Together, pick the ten photos from your years together that deserve to be on a wall — and order the prints from the couch before the evening ends, so it actually happens.
- 47 **The Second First Date** — Five questions each, asked like you're strangers: favourite film now, dream job now, ideal Sunday now. You knew the answers once; most of them have changed.
- 48 **The Great Silly Debate** — Pick a genuinely stupid question — best crisp flavour, who'd last longer in a horror film — take sides, and argue it with full courtroom seriousness. Play-fighting is flirting with extra steps.

- 49 **The Long Game** — The board game that never gets played because it needs two hours. Tonight it has them.
- 50 **Breakfast at Night** — Pancakes at ten p.m., because there's no one to set an example for. Bonus points for eating them somewhere that isn't the table.
- 51 **The Sofa Sleepover** — Duvets and pillows to the living room, a film, and permission to fall asleep out there like teenagers. Same house, different night.
- 52 **The Do-Over** — Recreate your actual first date as closely as the living room allows: the same kind of food, music from that year, and both versions of the story — yours and his — told properly, once more.
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**Fifty-two nights. None of them require leaving the house.**

*Pick the first one that doesn't make you sigh. That's the whole method.*