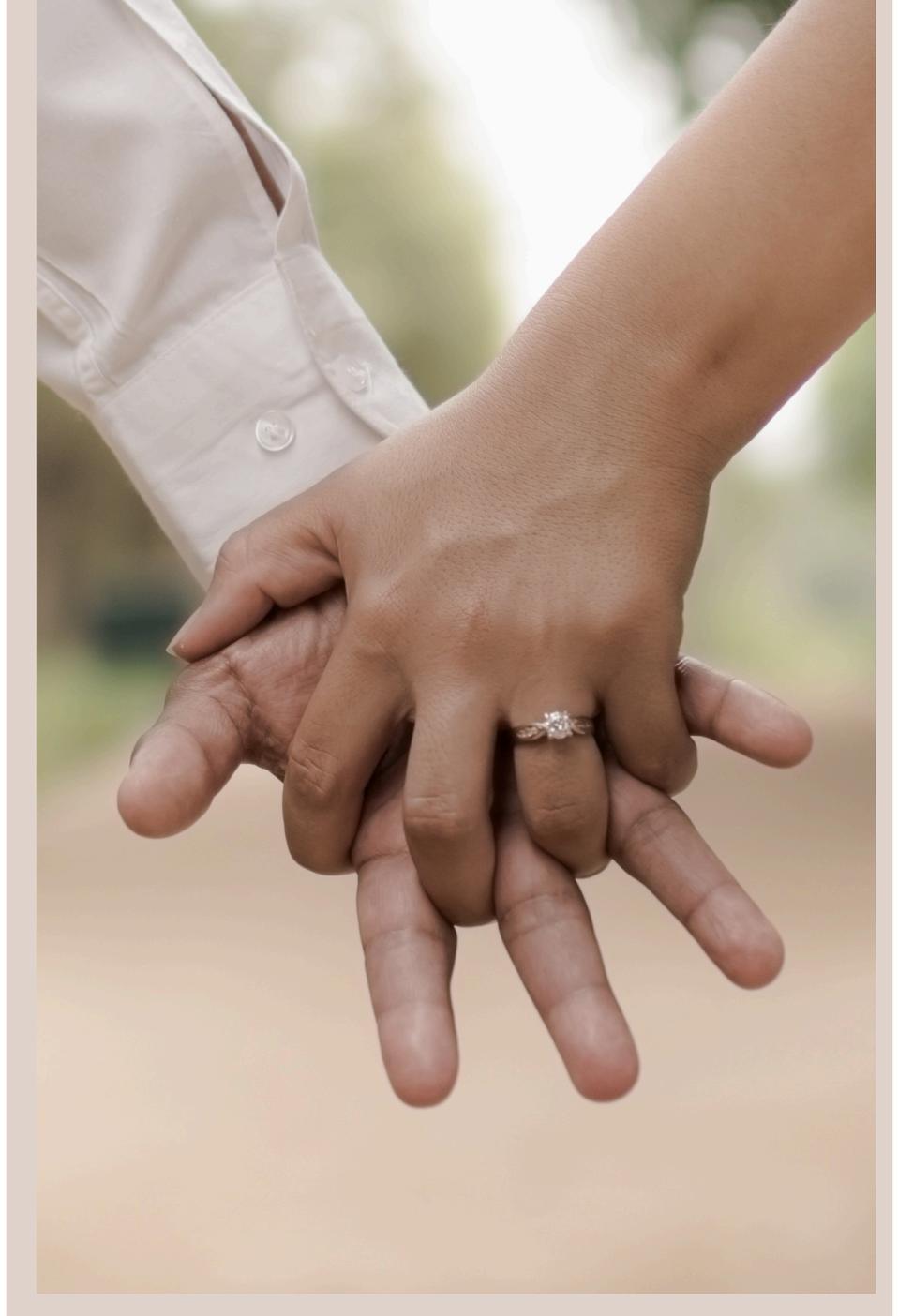


DAY FIVE

BRING BACK THE FUN



Bring Back the Fun – Build a Connected Future with Dolly Woo

Losing the fun or feeling like the relationship is stuck? Bring back the joy and playfulness in your relationship while setting a shared vision for the future.

This day will focus on creating lighthearted moments and making quality time to bring back fun and keep the connection strong moving forward.



MEET DOLLY WOO

Dolly is an 8-year certified marriage coach with a heartfelt mission to guide couples through life's toughest relationship challenges.

Married for 25 years, Dolly's personal journey—including a near-divorce in 2016—fueled her passion to support those at a crossroads, offering hope and practical steps toward healing.

Rooted in faith, she brings empathy and understanding to her coaching, helping clients rebuild trust and connection.

Beyond one-on-one coaching, Dolly is a community builder and mentor, known for creating resources like the “Beyond Betrayal” challenge, where individuals find a safe space to explore their pain, rediscover values, and rebuild.

She believes every marriage deserves the chance to grow through adversity, offering couples a pathway toward renewed connection.

Welcome to Date Night!

HERE'S WHAT YOU CAN EXPECT

1. Get clear on how date nights impact your relationship, the importance of establishing consistent quality time, and the evolution of how date nights effect men, women, and relationships.
2. Navigating through trauma, triggers, and negative thoughts and emotions. Understanding one another's needs, wants, fears, and desires.
3. Plan your date night.
Step-by-step guide on creating and implementing your new date night blueprint.
Moving forward with a plan of action both partners are comfortable with and excited to pursue together.



"The greatest gift you can give someone is your time, because when you give your time, you are giving a portion of your life that you'll never get back."

-UNKNOWN



Dating after Marriage

Too many couples stop dating after they get married, or after years of being together for a variety of reasons. Some feel they no longer need to put in as much effort to maintain the relationship, while others become too busy with work or family responsibilities.

Additionally, some couples may experience changes in their interests or priorities over time, which can lead to a loss of connection and less interest in spending time together. Additionally, financial stress, household responsibilities, and other life changes can lead to couples becoming less interested in dating each other.

So what happens to couples when they stop dating?

10 Things

What happens when you stop dating...



1. Loss of connection and emotional intimacy: When couples don't spend time together, they may feel like they are growing apart and have less in common.
 2. Lack of communication: Without regular interaction, couples may struggle to communicate effectively and understand each other's thoughts and feelings.
 3. Increase in conflicts and misunderstandings: Without regular interaction, couples may find it harder to resolve conflicts and misunderstandings that arise.
 4. Loss of trust: When couples don't spend time together, they may start to question each other's loyalty and trust.
 5. Feeling unimportant and neglected: Without regular interaction, couples may feel like they are not a priority in their partner's life.
 6. Loss of physical intimacy: Without regular interaction, couples may start to lose interest in physical intimacy.
 7. Building resentment: When couples don't spend time together, they may start to feel resentful towards each other.
 8. Decrease in support and emotional support: When couples don't spend time together, they may start to feel unsupported in their relationship.
 9. Building feelings of isolation: When couples don't spend time together, they may start to feel isolated and alone.
 10. Loss of shared goals and future aspirations: Without regular interaction, couples may start to lose sight of their shared goals and aspirations for the future.
-

WHY MEN STOP DATING

1. Pressure: Men who feel pressured to be perfect often avoid date night altogether. If the food was cold, the movie was bad, or the location was too hot or cold, these men often take criticism personally. Instead of talking about this, they try to avoid planning a date altogether for fear of failure.

These men will need to be nurtured back into planning date night by you planning the dates with them.
 2. Relevance: Some men are such linear thinkers that they attribute "dating" to a pre marriage ritual used to win a lady. These men will often stop making an effort after marriage as they feel they've accomplished their goal. They do not realize that continued quality time is necessary for a couple to connect and grow. These men see dates as a transaction and will need to see benefits from date nights. This sounds terrible, however as the dates progress, their eyes open to the connection and happiness that comes from these movements and soon see the relevance if executed correctly.
 3. Indifferent: When a man is indifferent, he's lost his desire and will to fight for a woman's attention and affection. These men have often become resistant to trying and resent spending money on a date night that brings them very little to no joy. In this scenario, date nights might have to start at home. It will be the consistent affirmations, small gestures, gentle touches, and kindness that will soften his heart. The good news is that when these men let their walls down, they are usually ready to go all in.
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WHY WOMEN STOP DATING

1. Energy: Many women express levels of exhaustion to be a contributing factor as to why they don't pursue date nights. Those with children express their desire rather for alone time and stated that after a long day, they no longer have the energy to put themselves together, go out, and make conversation as they would rather relax in a bath or do something on their own.
 2. Relevance: Just as some men no longer see the relevance in dating after becoming a couple, some women also prefer to put their time and money into their home, children, or bills. Some women feel they would benefit more from putting \$50 towards something tangible as opposed to spending it on a date night with their spouse. This line of thinking is also categorized as Contractual Thinking, as it revolves around a destination agreed upon. If a couple sees eye-to-eye on this matter, they will stay in the pattern for a long time....until one of them wants more which will cause problems as that is not part of the contract.
 3. Indifferent: When a woman feels indifferent, she's lost the desire to fight for a man's attention and affection. These women have often better feelings of resentment or frustration over a long period of time. Unfortunately, it can be difficult to persuade a woman to go out when she feels this way and it will might take repetitive attempts to get her to agree to go out. In this scenario, start doing things at home to warm her heart such as helping with things you've never helped with before. It will be the consistent affirmations, small gestures, a listening ear, and kindness that will soften her heart.
-

5 Things

How to get your partner to plan date night

1. **Appreciation:** verbally communicating your gratitude or appreciation regarding the date encourages your partner to plan another. Even as simple as commenting on how good the food is, or how comfortable the seats are, or saying "Thank you, this was a wonderful night", makes a huge impact!
 2. **Attitude:** Positive people are a joy to be around, just as a grumpy person can ruin an evening. Be self-aware of what attitude you're bringing on the date. Are you looking for positive things or negative? Are you complimenting your server or complaining that they're late?
 3. **Communicate Directly:** If you don't feel like you're being heard or understood, don't take offence, clearly convey what you want to talk about and ask direct questions. Men are often overwhelmed with emotional terms and really don't know how to express themselves, whereas any woman like talking about their feelings and wants their spouse to understand them. This takes time so instead of getting frustrated, teach one another how to talk by taking time to explain what their words mean to you, then ask them what your words mean to them. You will be surprised at what they say! (This is natural and should not be taken out of context or used against them. Doing so will push them away.)
 4. **Laugh:** Being able to laugh around one another is a gratifying feeling. Don't roll your eyes out of annoyance, but rather lighten your demeanour and enjoy some time spent together. Laughter is cathartic and can have a very positive effect on the relationship.
 5. **Intimacy:** The desire to touch, kiss, or make love to your partner is natural and beautiful. There are always legitimate reasons one chooses not to be intimate; however, the simple act of holding hands, touching your partner's leg, or ending the night on an intimate note, conveys to them that you are present, connected, and desire a relationship. No, this is not a demand or prerequisite but rather a healthy step in connecting with one another. Intimacy gives a sense of gratitude for the relationship you have and inspires couples to want to spend more time with one another moving forward.
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Women vs Men after years of being together...

Men

Men admit to feeling confined in the relationship and a loss of freedom & independence. Many feel unappreciated, taken for granted, and no longer a priority in their partner's life.

Changes in physical appearance, and lack of communication contribute to a lack of emotional and physical intimacy leaving men feeling overwhelmed by financial constraints and responsibilities.

This leads to feelings of inadequacy and a desire to find acceptance.

Women

Women admit to feeling neglected by their partner. They often feel they have to give up their own interests, and that they are not valued or respected by their partner.

Many are overwhelmed by household and parenting responsibilities and feel taken for granted and unappreciated.

They feel that they have lost their identity in the relationship and often start to resent their partner for their lack of effort put into the relationship and physical intimacy.

3 Things Men & Women Want

- ✓ 3 things Men want are to feel Respected, Appreciated, and Desired.
- ✓ 3 things Women want are to feel Heard/Understood, Appreciated, and Adored/Loved.

There are many things we could add to the lists but these are the top answers from couples working on transforming their relationships.

Dating after Trauma (Infidelity, lies, betrayal, etc)

If your relationship has been through something traumatic, it's not easy to let go of the pain and and move on. Here are some steps we encourage you to take on your journey to rebuilding trust and reconnecting on new level.

- **Acknowledgment:** Take full responsibility for your actions by acknowledging the pain you caused prior to planning the date. This shows your understanding of the uncertainty or fear they might feel leaving the safety of their home.
 - **Communicate openly and honestly:** Both parties should be open and honest about their feelings, thoughts, and actions. Communication is crucial in rebuilding trust. Mention places, events, or anything that might be a "trigger" or an unsafe space and avoid these locations and things.
 - **Forgiveness:** As your relationship walks into forgiveness, it's important to extend grace. Mistakes have been made, but if the goal is to rebuild, make an effort to appreciate the time together. Verbalize gratitude and praise throughout the date.
 - **Boundaries:** Lies destroy trust so often boundaries must be put into place. Some include open phone policies, frequency of intimacy, comfort around displays of affection, people unwelcome in your life, etc. Take time to discuss what these boundaries are and write them down.
 - **Physical Affection:** Rebuilding trust takes time and effort...from both parties. Your goal is to unite, connect, communicate, forgive, build trust, and love one another again. This means taking down the wall between the two of you. Yes, this might take a bit of time, however, the sooner you push through this barrier, the sooner you can reconnect. Of course, this hinges on the fact that there are no more lies or betrayal, and are 100% committed to one another.
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Pro's of regular date nights

1. Consistent date nights allow for regular, undivided attention and communication. This encourages partners to understand each other better, maintain trust and intimacy, and work through any issues that may arise. It is the foundation for a strong and healthy relationship.
2. When couples make the effort to prioritize their relationship and spend time together, it shows that they value each other and their partnership. This can create a sense of trust and security in the relationship, which can lead to deeper emotional connections.
3. Spending alone time together encourages you to be yourself. If you're a parent, you get a break from being "mommy" or "daddy" and remember what it feels like to be a "woman" or "man". This uninterrupted attention, helps partners communicate from their heart, which builds trust, and ultimately leads to a deeper emotional bond and a stronger relationship.



STEP #1

Likes & Dislikes

Print & fill out this questionnaire with your partner to better understand their likes and dislikes.

Rate each area from 1-5.

1 being your first choice, 5 being your last choice.

LOCATION

- Restaurant/Cafe/Lounge
- Outdoor Park/Hike/Bike
- Theatre/Concert/Gallery
- Activity/Pool Hall/Billiards
- Home/Back Yard/Local



AUMBIENCE

- Relaxed/Chill/Low Key
- Fun/Exciting
- Explore Something New
- Classic/Good Old Faithful
- Surprise Me

CONTINUE STEP #1

Likes & Dislikes

Rate each area from 1-5.
1 being your first choice, 5 being your last choice.



ATTIRE

- Formal / Tux / Gown
- Business Casual / After Work
- Cocktail / Fashion
- Low Key / Comfortable
- Dress for occasion (beach, etc)

PICK TWO

- Weekday
 - Weekend
-
- Morning
 - Afternoon
 - Evening



STEP #2

Building your Date Night

Create 3 possible date night ideas. Consider the choices made on the previous pages and any boundaries mentioned. Schedule these date night within the next 30 days.

1.

Date: _____

2.

Date: _____

3.

Date: _____

It's important to make these dates a priority

You're Set!

Maintaining a healthy, connected, and intimate relationship is only achieved when a couple pursues quality time with one another.

Take time each month to plan no less than 3 date nights. These can range in price, location, and time but must be scheduled and committed to. Doing this helps establish trust, consistency, safety, vulnerability, respect, and the feeling of being important.

Happy Date Night!



Check Out Speak Love

*Unlock the secret to a lifelong happy marriage:
Master the art of effective communication in just 30 days*
