

The Fun List

Purpose: This exercise is designed to intensify your emotional bond and deepen your feelings of safety and pleasure.

Comments: Do this exercise together

Directions:

1. Make separate lists of fun and exciting activities you would like to do with your partner. These should include face-to-face experiences and any body contact that is physically pleasurable. Examples: tennis, dancing, wrestling, showering together, sex, massage, tickling, jumping rope, bicycling.
2. Now share your lists and compile a third list that combines all of your suggestions.
3. Pick one activity from the list and do it each week.
4. You may experience some resistance to taking part in such exuberant, childlike activities- especially if you have a conflicted relationship. It is important that you do this exercise nonetheless. Go against your natural inclination and experiment with this brief return to childhood.