



Fall 2007

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Bringing the Spark Back: How Two Hours a Week Can Reignite Your Relationship

It's been said that "getting married is like getting into a tub of hot water. After you get used to it, it ain't so hot." You don't even have to be married to experience staleness in your relationship – it effects just about everyone. With 50% of men and 40% of women admitting to being unfaithful, it's clear that many people are looking elsewhere when things get mundane.

Wouldn't it be great if we could keep that spark lit for years, even decades into our relationship? I'd like to help you take the monotony out of monogamy. It's much easier than you think and it only takes about two hours a week. The answer is...DATE NIGHT.

Studies have shown that couples are spending less than five minutes a day in focused, one-on-one time. We're busy! With kids, jobs, bills, friends and family taking up so much of our time, our significant other is left with just scraps of our time. Setting aside time for a weekly date night is not only one of the most pleasurable ways to put some oomph back into your love life, it's also vitally important for sustaining your relationship long term.

With all your time committed to so many other things, you're probably asking how you can possibly find two hours to yourselves. Start by making it a priority and scheduling it into your calendar just like you would any other important date. Keep in mind that date night doesn't have to be on Friday or Saturday. It can be any night of the week, even Sunday morning or lunch on Tuesday. The key is choosing a time and scheduling it. Maybe some months you'll only get two or three date nights in – that's OK. Even one is better than none.

Second, if you have children, you'll need someone to watch them while you're off romancing each other. Ask a friend or family member if they'd come over one night a month. Trade babysitting with another couple – you watch their kids one night, they watch yours another. If all else fails, go to www.sittercity.com and find a local babysitter. If money is tight, after you've paid the babysitter, just spend a couple of hours in a coffee shop. The important thing is to get away and be alone together.

Money is a prevalent issue that often stops couples from having a weekly date night. Consider that date nights don't have to be expensive or cost anything at all. Pack a picnic

with food from your own refrigerator, spend an afternoon in the park working on a crossword puzzle together, or attend a free tasting at a local wine store. The possibilities for inexpensive dates are endless – just use your imagination.

For those times when you want to splurge, like for birthdays and anniversaries, get a little creative. Set up a Date Night Jar and toss your change in it at the end of every day. You'll be amazed at how quickly those nickels and dimes add up. Visit your bank and find out if they'll set up a "Keep the Change" account. Every time you make a purchase with your debit card, they'll round up to the next dollar and put that money into a separate savings account. Or, you can ask your bank to automatically withdrawal \$5 or \$10 each week and deposit it into an account you don't have easy access to.

Finally, when friends or relatives ask what you'd like for Christmas or for your birthday, tell them you'd love a gift certificate for movies, dinner, or theater tickets. If they throw in babysitting with it, that'll make the gift even sweeter.

Once you've overcome these date night hurdles, the only thing left to decide is what you'd like to do. When it comes to finding fun and exciting ways to spend date night together, you couldn't live in a better town. Orlando offers hundreds of great restaurants, outdoor activities, museums, theaters and world class attractions. Think about it...Orlando is the number one tourist destination in the world. If millions of people from all over the world manage to find something to do here, I'm sure you can too.