

“HOW CAN WE HAVE BETTER DATES?”

<https://fiercemarriage.com/quick-qa-6-how-can-we-have-better-dates>

- [00:00:02] **Ryan:** Alright, ladies and gentlemen! We are back again with a quick Q&A for our Fierce Marriage listeners. [*Selena inhales*] And today— What? What are we going to talk about?
- Selena:** We are going to talk about how to have a better date night!
- Ryan:** Date life!
- Selena:** Life, night. It’s all the same!
- Ryan:** What if you have a date *day* [*Selena giggles*], or a morn—I love breakfast dates! You know that. If you knew me, you would [*Uses an upset voice*] take me out on breakfast dates! [*Selena snickers and Ryan giggles*] Big fan of bacon and eggs!
- Selena:** Boy! I make you breakfast *every day*! [*Ryan chuckles*]
- Ryan:** Anyways. We got like seven minutes here, so...
- Selena:** I didn’t have reference. [*Sniffs in*] Let’s steward this time well.
- Ryan:** Alright, so—
- Selena:** No. But we get a lot of questions, a lot of write-ins specifically around how to kind of establish a date night, and why... Well, it’s not really, “How do I get a date night?” right? You know how to do that! It’s, “How do I connect with my spouse better?”
- Ryan:** Right, right.
- Selena:** “How do we prioritize our relationship?” and “How do we have some emotional intimacy, not just physical?”
- Ryan:** When people are—
- Selena:** You just want me for my body...
- Ryan:** So, given that big purpose of wanting to have a deeper connection, deeper emotional bond, better emotional intimacy, then it leaves us wanting, right?
- [00:01:01] **Selena:** Yeah, yeah.
- Ryan:** So, we want that deeper thing. So, now we need tools, we need practical application.

Selena: Right.

Ryan: And we need some ideas, frankly!

Selena: Right!

Ryan: So!

Selena: And date nights can kind of get stagnant if we're not careful. I mean, I know that our lives tend to get busy [*Inhales*], especially with children. But we can very easily just fall into, "Okay. Yeah. This is our date night. Let's go get food. Meh." Like, kind of whatever. It's nothing—

Ryan: Right!

Selena: Exciting or fun, and—

Ryan: Right.

Selena: We're *longing* for that connection, right? We're longing for that emotional intimacy or even *physical* intimacy! That's—

Ryan: Yeah!

Selena: Difficult to... do too sometimes [*Laughing*] when there's... a busy schedule.

Ryan: So, that's very true. Especially with kids! You got to be strategic. [*Selena laughs*] So, the first step is to plan and prioritize for it.

Selena: There's a lot of Ps! There's a lot of Ps here. I think we should narrow these down to a few Ps.

Ryan: Okay. Well, the first one's plan and prioritize.

Selena: Yeah.

Ryan: And what that means is a lot of times people say, "Okay! We're just going to put it on the calendar, and then we're going to do it!"

Selena: Mm-hm!

Ryan: But, where a lot of couples fall short, and where we've fallen short, is you'll put it on... You'll just like fit it in, or it will be on a Friday night. Well, for us, Friday night is usually the worst night of the week.

[00:02:06] **Selena:** [*Snickers*] Like, can we just...

Ryan: Even though it's supposed to be the date night, right?

Selena: Yeah, yeah!

Ryan: Well, everyone else is having a date night. So, good luck getting a reservation or getting somewhere where it's not crowded for one.

Selena: Yeah!

Ryan: Secondly, it's the *end* of the week! So, you're *completely* just...

Selena: Yeah!

Ryan: Tired.

Selena: You're not ready to give the best of yourself.

Ryan: Wrung-out! Yeah!

Selena: You just kind of give the rest of yourself. Like that?

Ryan: Oh! Oh, I like that!

Selena: Uh-huh!

Ryan: I'm going to tweet that later!

Selena: Uh-oh!

Ryan: No, I'm not. It was too trite. [*Selena laughs*] I'm not going to tweet that later. [*Ryan laughs*]

Selena: [*Laughing*] We are processing...

Ryan: No, but we had a friend of ours, a guy friend. I was talking to him last night, and he was like, "Yeah, we're trying to do dates nights, but we keep just falling short!" And I said, "Well, when are they?" He said, "Friday nights." I said, "Well, do it on Tuesday night!" [*Chuckles*]

Selena: [*Snicker*] Yeah. [*Inhales*]

Ryan: Do it on Monday night, when you're not drained from the week.

Selena: We're not laughing at our friend; we're laughing at ourselves, because we've done that!

Ryan: Yeah!

Selena: We do that occasionally, but...

Ryan: Right!

Selena: We're like, "Gosh! We're so just *tired*! Let's pick a different date to give ourselves the *best* of each other!" Right?

Ryan: Yeah!

Selena: And to give each other the best focused time, the most energy. [*Inhales*]

[00:03:01] **Ryan:** Mm-hm.

Selena: The most excitement! Looking forward to it. Plus, Monday and Tuesday, it's like blehhh, the beginning of the week, right?

Ryan: Yeah! [*Inhales*] So, yeah. That's the first one. Prioritize in your calendar, but also your energy—

Selena: Mm-hm.

Ryan: And your mental fortitude.

Selena: Yes!

Ryan: [*Inhales*] Reserve some of that for this specific time when you're going to have your date or you're going to connect. And then prioritize financially! Right? So, a lot of couples say, "Well, we can't afford to go on a date because X, Y, and Z." First off, dates don't have to be expensive.

Selena: Yes!

Ryan: Second off, even if you're paying for a babysitter, we'll say what? \$20 an hour, \$25 an hour.

Selena: [*Snickers*] That's a good babysitter! [*Laughs*]

Ryan: I don't—how much are babysitters?

Selena: [*Laughing*] I don't know!

Ryan: I don't know.

Selena: How much is a banana, anyways? [*Both laugh*]

Ryan: [*Chuckling*] \$20? So, even if say it's \$20 for two hours. Right? So, it's 40 or 50 bucks. Okay. That's not cheap! I'm not going to say that that's cheap.

Selena: Right.

Ryan: But I am saying it's a worthwhile investment.

Selena: Very. Yes!

Ryan: Especially is you have young kids at home.

Selena: Yup!

Ryan: And otherwise, you're not going to really get that one-on-one time!

Selena: Absolutely!

Ryan: Of course, you could do it after they go to sleep. But again, you're kind of subjecting yourself to hours of the day when you're going to be more tired.

[00:04:00] **Selena:** Right, right! And I think one of the most important ones is to pause your phone! This is my attempt at the Ps! [*Inhales*]

Ryan: Phone starts with P too. So...

Selena: I know! But it doesn't "puh!"

Ryan: It's not alliterative.

Selena: This is a "puh!" [*Ryan snickers*] It's more... Yeah!

Ryan: That "puh-hone." [*Both snicker*]

Selena: Pause your phone! Leave your phone behind. Have grandparents on the emergency contact list or have someone close. [*Inhales*] Just keep your phone's off! No screen time during dates.

Ryan: Mm!

Selena: I feel like that's a good thing. Also, play! Play a board game. Play a card game.

Ryan: Mm!

Selena: Plan on laughing with each other *through* all of that. I think laughter's been such a big thing with us, and honestly, playing games has brought out a lot of laughter. [*Inhales*]

Ryan: Mm-hm! Yeah! [*Inhales quickly*]

Selena: In my heart, anyways. [*Laughs*]

Ryan: Yeah! I'm not a big fan of games except for when we're playing it, because I feel like they're more fun when we are engaged.

Selena: You like to play the games that I don't like to play. [*Ryan snickers*] And I like to play games you don't like to play.

Ryan: [*Laughing*] Okay! 'Cause you are—

Selena: I'm so good at cards! [*Laughs*]

Ryan: So good! [*Selena laughs louder*] I haven't won a game of War in our entire marriage. [*Selena cackles*] Spoons?

Selena: [*Inaudible*] [*Laughs*]

Ryan: Forget about it! Speed?! [*Chuckling*] Forget about it!

Selena: [*Giggling*] You never won Speed.

[00:05:00] **Ryan:** Oh, that's [*Ryan chuckles*] so irritating! That's why you like it! [*Selena giggles*] 'Cause I just get *flustered*—

Selena: No! [*Laughing*]

Ryan: And you laugh at me! [*Selena laughs harder*]

Selena: [*Both inhale*] 'Cause you're good at *all* the things, all the time!

Ryan: So, play! I think the point there is do something that's *not* in the normal rhythm of things.

Selena: Right.

Ryan: It's really easy just to sit down and zone out in front of the TV. However, I will say The Office has been a huge... bonding...

Selena: A huge part of our marriage, for the last 15 years! [*Laughs*]

Ryan: And it still is, and it will always be!

Selena: [*Laughing*] It always will be!

Ryan: Because we *laugh*!

Selena: Yes.

Ryan: Right? And it's become a medium that kind of greases the skids, so to speak.

Selena: Yep.

Ryan: And gets us connecting.

Selena: It also breaks the ice.

Ryan: And laughing. Yes!

Selena: 'Cause sometimes we'll be fighting, and somebody will say something, and we'll just start laughing. [*Inhales*] I think the last one would be to just pray together! Take some time at least somewhere.

Ryan: Mm!

Selena: And I mean usually it's around a meal for us, when we're together having a meal on a date. [*Inhales*] "Thank you God for this *time* together. Thank you for my spouse! May it just be honoring and glorifying to You. Thank you for your grace in our relationship."

Ryan: Mm-hm!

Selena: Take time to pray! Take time to pray.

Ryan: Yeah! That's good. [*Inhales*] So, the whole point is just to connect on deeper levels *more* often, and I think prioritizing is the first step. Just a re-cap real fast here. Prioritize both your energy, your time, all three!

[00:06:04] **Selena:** And your finances.

Ryan: Your energy, time and your finances. Have fun! Put your phones away. That would have been a good one. Put your phone away.

Selena: Ah!

Ryan: That was a good P.

Selena: *Pause* your phone. [*Sniggers*]

Ryan: And then pray together and play together.

Selena: Yep!

Ryan: And *do* things that take you out of your normal rhythms—

Selena: Yeah!

Ryan: So you can connect more deeply.

Selena: Absolutely!

Ryan: So, there you have it! There's some ideas [*Both giggle*] to keep to have a better date life in your marriage! We hope this was helpful! If you have any questions, go to fiercemarriage.com/podcast. You can leave a question there, or you can use this phone number: 971-333-1120! Alright, guys! 'Til next time.

Selena: Stay fierce!

[00:06:43] *Podcast ends.*

PODCAST NOTES

No notes for this episode.

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