

A Night Out On the Town...

The concept of dating seems to change a bit as couples go from courtship to marriage. While most couples go out on lots of dates while they are courting, once they've tied the knot they suddenly turn into homebodies. This doesn't have to (and shouldn't) be the case. Don't let yourself get so cozy lying around the house watching movies and chatting that you forget how to actually go *out* and have a good time. If you want to keep your marriage feeling fresh and new, it's important to maintain the excitement you shared when you dated.

When is the last time you guys actually went out on a date?

If it's been over a month since you shared a night out on the town, it's time to make some plans. Call your spouse up at work or on the cell phone and line something up. See what they've got planned for Saturday night. If they say they'll be available, tell them to pencil you in. Clue them in that you've got a little surprise in store and that the joys of the evening won't end once you've made it back home!

What should you do? Well, no matter how small your town may be, with a little creativity you're bound to find something fun to do. You could:

- Set out for dinner, drinks and a movie.
- Buy tickets to an upcoming concert or sporting event.
- Make reservations for something special like a Dinner Train or a riverboat ride.
- Plan a cross cultural evening. Fill your evening with exotic foreign restaurants, shopping at ethnic markets and maybe even a foreign film. With a little creativity, your night could feel like an overseas vacation!
- Do something you would have enjoyed in high school, like heading to the skating rink or the bowling alley. Once you get there, no matter how old you are, pretend like you're still teenagers. Hold hands, hug, kiss and have a blast!
- Head out to a local club. Have a few drinks, hit the dance floor and get those endorphins flowing. Then head home for a little late night heat between the sheets. Just think of how good the exercise will be for you!

With a little determination, you could dream up dozens of dating ideas.

Couples who are involved in long-term, successful marriages have one thing in common: they haven't forgotten how to date. Most of them are still going out together at least once a week! Even if you can't commit to that, all couples should aim to go out on at least one date a month. Just one night out of thirty. It's not at lot to ask!

If you don't feel like dating your mate, how much will you enjoy having to do it if the two of you wind up divorced?!

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

Do you want more from your relationship? Go to <http://www.dearkathy.com> for relationship articles, advice, and programs.

Do you go from one failed relationship to another? Do you want to find that special life partner? Get Kathy's new book, "Relationship Remorse: Mistakes Women Make When Shopping for a Man." and learn the right way to find a loving and committed life-partner. Order the book at <http://www.relationshipremorse.com>

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