

The *Intentionally Awesome* Date Night Workbook

25 Things

The purpose of date night is to **connect** and **build toward a stronger marriage**.

While this exercise may not appear on the surface to be a marriage-building exercise, it brings **perspective** in a way that can protect your relationship during moments of **temptation**.

Instructions:

Each of you take a sheet and work alone.

Make a list of twenty-five things it would cost you if you were unfaithful to your spouse.

The first few will be easy, but after that you'll probably struggle to finish out the list.

Take your time. Allow your mind to explore all the ways cheating would affect you, your spouse, your family, your work, your friendships, your emotional health, your possessions, your job...

Write out **every single thing** unfaithfulness would cost you.

Trust me, we've done this before. You can come up with at least 25.

Once you're both finished, share your lists with one another and discuss them.

What would be the **most painful** cost?

What are **three things** unfaithfulness would cost that you've **never thought about** before?

Spend the last part of your date **affirming** your spouse and **recommitting** yourself to the relationship.

Your marriage is a GOOD thing!

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