

How We Play As a Couple

In this questionnaire we are interested in play that *only* the two of you do as a couple – not with anyone else (family, friends or pets).

Do this individually first. For each item score with a number (1-3) and a letter (a-c)

- 1) Frequently
- 2) Sometimes
- 3) Never

- a) I'm okay with frequency
- b) Wish we did more
- c) Wish we did less

PLAY AT HOME

- ___ Board Games ___
- ___ Jigsaw Puzzles ___
- ___ Card Games ___
- ___ Computer Games ___
- ___ Listen to music together ___
- ___ Watch television together ___
- ___ Cook together ___
- ___ Playfully do chores together ___
- ___ Spend time looking at old photos/videos ___
- ___ Spend time reminiscing ___
- ___ Have a shower together ___
- ___ Relax/play in the hot tub together ___
- ___ Have a romantic evening ___
- ___ Share fantasy activities ___
- ___ Erotic Play ___
- ___ Lovemaking ___
- ___ Sex in bed ___
- ___ Sex other than in bed ___
- ___ Give/Receive massages ___
- ___ Plan vacations ___
- ___ Other ways ___

PLAY OUTDOORS

- ___ Playing Sports ___
- ___ Golf ___
- ___ Crazy/miniature golf ___
- ___ Bowling ___
- ___ Water fight ___
- ___ Walks in the neighborhood ___
- ___ Walks along the river/ocean ___
- ___ Walks on nature trails ___
- ___ Walks when it is raining ___
- ___ Walks when the moon is full ___
- ___ Going on planned drives together ___
- ___ Going on mystery rides together ___
- ___ Bicycling ___
- ___ Water activities ___
- ___ Snow activities ___
- ___ Going out for a meal ___
- ___ Going to the movies ___
- ___ Going to the theatre ___
- ___ Going to a concert/ballet ___
- ___ Going to an art show/museum ___
- ___ Going to antique shoppes ___
- ___ Going to a sporting event ___
- ___ other ways ___

Casual Playfulness

- ___ Loving tease each other ___
- ___ Share endearing names with each other ___
- ___ Tell jokes to each other ___
- ___ Cuddle on the couch/in front of the fire ___
- ___ Kiss goodbye/hello ___
- ___ Hold hands in public ___
- ___ Other ways ___

Vacations

- ___ Camping ___
- ___ Stay in Bed & Breakfasts ___
- ___ Stay in low-cost motels ___
- ___ Stay in medium-cost motels ___
- ___ Stay in expensive motels ___
- ___ Go on a cruise ___

Frequency

- ___ One weekend away every year – just the two of us ___
- ___ One week away every five years – just the two of us ___
- ___ Two-three hours a month ___
- ___ Two-three hours a week ___
- ___ Two-three minutes a day ___
- ___ I organize most of our play activities ___
- ___ My partner organizes most of our play activities ___

Compare your answers with your partner's answers and then together develop an action plan for play.

Our goal for the next year is to play (put in your agreed frequency) _____

Some things we will do are _____

Take your calendars, day books, etc. and go through the year and block out these agreed upon times to play together – make this your first priority each year when you get new calendars – the second priority is to put in birthdays and other important days.