PICNIC DATE

WHAT DO YOU PICTURE WHEN YOU THINK OF *PICNICS?*

Blankets on the grass? Turkey sandwiches and potato salad? Picnic baskets? Yogi bear? Maybe even some ants trying to steal your food? No matter what you picture, we've got this whole picnic planned for you.

GROUND RULES

- *This date is like the opposite of Las Vegas. What doesn't happen at the picnic, shouldn't come into the picnic. That means not talking about money or kids or stuff that might cause an argument.*
- *Put away those cell phones. You're supposed to be enjoying yourself outdoors. This picnic is your chance to escape email and WiFi*

STARTERS → *Get Ready*

- **HUSBAND:** *Be the apple of her eye! Choose the main course (not dessert) for your picnic. You have three minutes to decide. Once you decide, don't reveal your choice to your wife.*
- **WIFE:** *Be a peach! Pick the location of your picnic. You have three minutes to decide. Once you've decided, don't reveal the location to your husband.*
- **RULE:** *Neither of you are allowed to talk during the three minute decision-making time. Mystery and suspense are crucial. While you wait, you can listen to songs from our custom Spotify playlist:* **MarriedPeople.org/Picnic.**

ONCE THE THREE MINUTES ARE UP:

- **HUSBAND:** *Start moving toward the location you plan to pick up your meal. On your way, find a way to work one of the following pet names into the conversation: My Little Ladybug, Butterfly Beauty, Love Bug, Queen Bee.*
- **WIFE:** *You have five guesses as to where your husband is going. Make sure they're gouda choices. If you guess correctly before you arrive, and he has to do one of the following:*
  - *Speak with an accent as he orders and pays for the food.*
  - *Dance for 30 seconds outside the food location.*
  - *Tomorrow, have him do a 10-minute chore of your choice.*

MAIN COURSE → *Go Out*

Once the food has been purchased:

- **WIFE:** *Start moving toward the location you've chosen for your picnic. As you drive, find a way to work one of the following pet names into the conversation: Honey Bear, Honey Bun, Stud Muffin, T-Bone.*
- **HUSBAND:** *You have five guesses as to where she is going. If you guess correctly, she has to do one of the following once you set up your picnic:*
  - *Sing a verse and chorus of the song of your choice.*
  - *Tell you: "You are the Top Chef of all husbands because you are completely in tune with my every thought. If only I were that in tune with you." Please refrain from the use of sarcasm, eye rolling, and/or deep sighs while saying this.*
  - *Tomorrow, have her do a 10-minute chore of your choice.*

Once you set up your picnic, make sure you look for ants. Nothing is more annoying at a picnic than ants. Nothing is more annoying in a marriage than ANTs. ANTs stands for ***AUTOMATIC NEGATIVE THOUGHTS.*** Most of our thoughts are automatic. When those thoughts are automatically negative, they are automatically damaging to our marriage. The great news is that you can crush those ANTs.

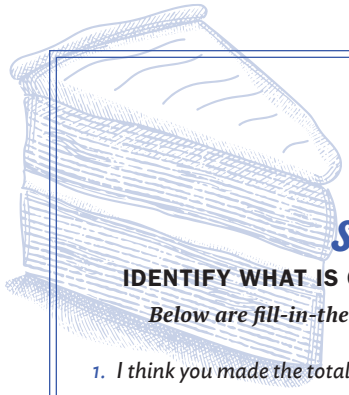
You can determine your thoughts instead of your thoughts determining you. Read about all the ANTs; then tell your spouse the top two ***YOU*** struggle with the most.

STEP 1:

IDENTIFY YOUR ANTS

1. **"ALWAYS" AND "NEVER" THINKING:** *Negative thinking in words like always, never, no one, everyone, every time, everything, etc.*
2. **FOCUSING ON THE NEGATIVE:** *only seeing the bad in a situation.*
3. **FORTUNE TELLING:** *predicting the worst possible outcome in a situation.*
4. **MIND READING:** *believing that you know what other people are negatively thinking, even though they haven't told you.*
5. **THINKING WITH YOUR FEELINGS:** *believing negative feelings without ever questioning them.*
6. **GUILTY THOUGHTS:** *thinking in words like, should, must, ought, or have to.*
7. **LABELING:** *attaching a negative label to yourself or someone else.*
8. **PERSONALIZATION:** *assuming you are the cause of someone else's negative attitudes.*
9. **BLAME:** *blaming someone else for your problems.*

menu continues →



STEP 2:

IDENTIFY WHAT IS GREAT ABOUT YOUR SPOUSE

Below are fill-in-the-blanks for you both to answer.

1. *I think you made the totally right decision when you decided to _____.*
2. *The most beautiful thing that I have seen in you lately is _____.*
3. *The most excellent thing that has happened to us over the last few months is _____.*
4. *I just want you to know that I really appreciate the way we_____.*
5. *We'll still picnic together in 50 years because _____.*

STEP 3:

POST THIS VERSE SOMEWHERE YOU BOTH WILL SEE IT

> *"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."*
>
> **—PHILIPPIANS 4:8**

DESSERT → *Keep it Going*

- **BOTH:** *Think of the place your spouse would most likely want to have dessert. You have three minutes to decide. Once you have decided, don't reveal the location.*
- **RULE:** *Neither of you are allowed to talk during the three minute decision-making time.*
- **BOTH:** *Countdown from three out loud, and then shout out your answers at the same time.*
  - *If you both chose the same location, move toward that location.*
  - *If you both chose different locations, move toward the place she picked. (Yes, we know that's not fair. That's the point!)*
  - *As you have your dessert, flirt. Think you don't know how? You do. At one time, you were so good at it, you talked the other person into marrying you.*
  - *Pack up that picnic, roll up the blanket, and head for home. Once you get home, you know what to do. Oh yeah.*