

# TIME MACHINE DATE

## GAME CHANGERS

## TIME MACHINE DATE

Incredible news! You and your spouse just found a time machine. And you have the once-in-a-lifetime chance to travel back in time together. Whether you're newlyweds or have been married for 50 years, taking the time to reminisce and remember past experiences helps you find new ways to connect and look forward to a future together.



MARRIED PEOPLE

### DARE ME (OPTIONAL)

Time travel is already a pretty daring feat. Be proud of yourself for being so bold and adventurous! Want to keep that feeling going? Here are a few optional ideas to make your visit to the past even more memorable.

- Wear something retro from the time period you're traveling to.
- Sing a song from the year you chose.
- Perform a dance (either individually or together) that was popular during that era.
- Pretend like you're actual time travelers from the past and loudly act confused by the new-fangled technology.

### KEEP IT GOING

Unfortunately, you have to travel back to the present time at the end of this date. One of the best ways you can continue to stay linked to your past is by assembling a time capsule or memory box.

Grab a shoebox or other sturdy container and fill it with precious memories from the present—photos, notes, clothes, ticket stubs, or books.

Then pick out when you want to re-open your time capsule with your spouse—in a week, a year, or ten years. Set a calendar reminder for yourself. Now hide the box in a safe place you won't think to look—in a closet, the attic, the garage or trunk of your car.

### GO OUT

OK, You've fired up the time machine, chosen a year to visit, and traveled backwards to the past. Awesome! Now it's time to do some exploring. Pick out a restaurant that's been around since that year, or maybe even just the oldest restaurant in town.

While you're heading to the restaurant, listen to some music from that era. It will serve as your time travel soundtrack. While you're eating dinner, discuss your answers to some of these questions.

- What do you miss most from this time period?
- What trend or technology are you sad that went out of style?
- What do you most clearly remember from this year?
- How have things most changed from now to the present?
- What were your favorite hobbies or games from back then?

If you want to take this even further, you could also watch a favorite movie from that year when you get home. You could even pretend to rent it from Blockbuster Video—remember those?

### GROUND RULES

- Take a break from talking about the usual suspects—money, kids, in-laws, jobs. This is not a time to take care of checklists, this is time for your US.
- Flirt. Be considerate, kind, and a great listener. Act as if you are still trying to win your spouse over.
- As much as possible, stay off of technology. Only text or take a call if it is an emergency. Everyone and everything will be OK. (People used to leave their homes without phones and they lived.)
- In many relationships, there is a talker and a non-talker. If you are married to a non-talker, when he or she talks tonight, they might not do it as well as you. Give them the time and space to find the words.

### GET READY

The first thing you'll need to do is decide what year or era you want to travel back to. We recommend you choose either to go back to the year you both met, or the era when you were both kids. This helps ensure you have share memories and experiences from this time period.

The only real rule is that you have to **agree** on a time to travel back to so you can travel **together**.

If you're really daring, you can even choose to dress up in an outfit from the time period you chose. See the Dare Me section for even more bold ideas to spice the date up.