

Legendary Love. Module 3. Lesson 19. Fun Games.

Fun Games.

The last lesson was about destructive relationship games. They prevent you from engaging in honest communication with each other. You're now aware of a few of these harmful relationship games and know how to stop them.

For this lesson, let's take a break and move into some fun games. Just as in the "other" relationship games, these have patterns of behavior.

Their intention, however, is to facilitate open communication and keep your relationship fun and exciting.

The Fun Games of a Healing Relationship

In these healthy games, the win is the fun and affirmation at the end of the game.

Establish Fun Rituals for Your Day

The obvious times for rituals are when you say goodbye, hello, and have a mid-day surprise.

Set some fun rituals today with these techniques:

1. **Send each other off for the day with love and affirmation.** At the very least, have a meaningful goodbye kiss. Make it more fun by including special words.
2. **Cell phones make it easy to text a quick "I love you" or words of affirmation at least once during the day.**
 - These little texts often arrive at the perfect time to lift your loved one's day.
 - You could also sneak a sweet note into their lunch, purse, or briefcase.
3. **At the end of the day, demonstrate how much you missed them.** Work days are usually long and often stressful. An excited greeting and big hug can do wonders to help both of you switch your mindset from work

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to family time.

Unexpected Rituals of Love

What do you do or say that makes your partner grin? What does your partner do or say that puts a grin on your face and a bounce to your step? Notice what warms your partner's heart and then make plans to do it again and again.

Gary Chapman, author of *The Five Love Languages*, says that **each person has one of five ways in which demonstrations of love are most meaningful to them:**

1. Receiving Gifts
2. Words of Affirmation
3. Physical Touch
4. Quality Time
5. Acts of Service or Devotion

Different people respond to different signs of love.

Use these strategies to discover your partner's preferred love language:

1. **Gift or praise?** Does your partner beam when you bring a card or gift, or is it when you give praise for a quality of their character?
 - If your partner responds positively to gifts, cards, flowers, or a special memento, you know gifts are important signs of love.
 - If your partner responds strongly to your complements and affirmations, give them more of those.
 - If you're not a spontaneous person, plan your spontaneity. Put it in your calendar, make a list of compliments if you have a difficult time thinking on the spot.

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2. **Special time or act of service?** Notice if your partner is overjoyed when you spend special time with them, or perhaps they feel your love more when you take out the trash or wash clothes without being asked.
 - Spending time with them is important to many people. The question is whether that time is a movie, romantic dinner, tickets to the game, or is it the time taken to do acts of service for your partner?
 - If you think spending time with them is the most important gift you can give to your loved one, notice whether the time is with each other, or the time is doing acts of service for them.
3. **Touching.** How does your partner respond when you touch them, such as when holding hands, a touch on the shoulder, or your hand resting on their thigh?
 - Someone can enjoy sex but not have touching as one of their love languages. If you think touching is your partner's love language, notice how they respond to touch outside of sex.

Find out more about yours and your partner's love language:

1. Use each one of the five and notice which one your partner responds to the most.
2. Use Reflective Listening and explore which you enjoy most of the 5 Love Languages.
3. You each take the Love Language Quiz at <http://www.5lovelanguages.com>

The Ritual of Communication

Spending time on communication is not something you do just when facing challenges. Communication keeps you connected with each other.

When you end your day together, share four things with your partner:

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1. What you enjoyed the most about your partner today
2. The most important thing that happened to you when you and your partner were apart
3. What you want to do most
4. What you want the two of you to do together

Sharing little rituals, even if it takes only two minutes, keeps you connected to each other. You come to know the little and important things about each other. You share your heart and your relationship becomes deeper and more valuable to both of you.

Summary

Form daily rituals for the ordinary events of life such as leaving in the morning, texting during the day, greeting each other when you come home, and saying good-night.

When you add to your rituals short statements about what happened during the day which was most important to you, your relationship stays fresh. Saying or doing what fills the heart of your partner the most is what they call the icing on the cake.

In the next lesson, you'll explore common fears in relationships and how to work through them. Yes, communication is a big part of this.

Before you move on, please take a few minutes to reflect on what you've learned.

Reflection

1. Set a time for you and your partner to take the Love Language Quiz. (<http://www.5lovelanguages.com>)
2. Write out the daily rituals which would be most important to you.

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3. Write out your answers to the following on an index card. Have your partner do the same.
 - What I enjoyed the most about you today
 - The most important thing that happened to me when we were separated
 - What I want to do most
 - What I want us to do together
4. Share your answers to #3 tonight with your partner.