

the
great
Datexperience

PICNIC

Don't open this picnic basket until
you officially start your date.

grab the
bug spray
because
2night
we're doing
the nibblin'

-spork:
perfect marriage
of the
fork & spoon



-Don't read about the next Bite until you've finished chewing on the one before.

BITE 1

GUYS Be the apple of her eye! Choose the main course (not dessert) for your picnic. You have 3 minutes to decide. Once you have decided, don't reveal your choice to your smokin' hot wife. Eggcellent!

GALS Be a peach! Pick the location for your picnic. You have 3 minutes to decide. Once you have decided, don't reveal the location to your hottie husband. Berry good!

RULE *Neither of you is allowed to talk during the 3 minute decision-making time. Mystery and suspense are crucial to maintaining your smokin' hotness!*

Once the three minutes are up:

GUYS Start moving toward the location you plan to pick up your meal. As you drive, find a way to work into the conversation one of the following pet names: My Little Lady Bug, Butterfly Beauty, Love Bug, Queen Bee.

GALS You have up to 5 guesses as to where he is going. Make sure they're gouda choices! Guess correctly upon arrival and he has to do one of the following:

- 1 Speak with an accent as he orders and pays for the food.
- 2 Dance for 30 seconds outside the food location.
- 3 Tomorrow have him do a 10-minute chore of your choice.

Once the food has been purchased:

GALS Start moving toward the location you have chosen for your picnic. As you drive, find a way to work into the conversation one of the following pet names: Honey Bear, Honey Bun, Stud Muffin, T-Bone.

GUYS You have up to 5 guesses as to where she is going. If you guess correctly, she has to do one of the following once you have set up your picnic:

- 1 Sing a verse and a chorus of "your" song.
- 2 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 during this option.
- 3 Tomorrow have her do a 10-minute chore of your choice.





BITE 2










Now that your picnic is all set up, 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! Here are 2 ways to help you crush your ANTs. Read about all the ANTs; then tell your spouse the top 2 YOU struggle with most. (The red ANTs are particularly harmful.)

RULE *Only comment on your ANTs and not your spouse's.*

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) Guilt Beatings: 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 events and attitudes
-  9) Blame: blaming someone else for your problems

Step 2: Identify what is great about your spouse. Below are fill-in-the-blanks for you both to answer. In spite of the ANTs, here's what makes you King of the Hill:

- 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) I think it was really admirable when you _____.
- 4) The most excellent thing that has happened to us over the last few months is _____.
- 5) I just want you to know that I really appreciate the way we _____.
- 6) We'll still picnic together in 50 years because _____.

*Dr. Daniel G. Amen, M.D., [Healing Anxiety and Depression](#).



BITE 3

Great News: We didn't write these fill-in-the-blanks, God did!

Philippians 4:8-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.

BOTH Think of the place your spouse would most likely want to have dessert. You have 3 minutes to decide. Once you have decided, don't reveal the location.

RULE *Neither of you are allowed to talk during the 3 minute decision-making time.*

BOTH Count down from 10, and then shout out your answer.

- If you both got the correct answer and both chose the same location, move toward that location.
- If one of you got the wrong answer, and the other got the correct answer, move toward the place she picked. (Yes we know that's not fair-- that's the point!)
- If you both got the wrong answer, now is the time to use your powers of persuasion through hugs, kisses and appropriate public displays of affection to convince your spouse your dessert location is the best place to have your cake and eat it too!

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 him/her into marrying you! It's a piece of cake so pack up that picnic, roll up that blanket, and head for home!

Once you arrive home, you know what to do.

Oh Yeah...

